GoodHealth

August 2015 $7.20 INC GST

20 WINTER WEIGHT-LOSS *secrets*



Filling foods to ENERGISE YOU!

Will it last?
The relationship check-up EVERY couple needs



COSMETIC REGRET
Best reversal techniques

SALT THERAPY
The new way to heal

Kate Ritchie
"Being a mother is the most amazing thing"

GOODBYE BACK PAIN
How to banish it for good

GET EMPOWERED!
LEARN TO SAY 'NO'

RADIANT *winter* SKIN
THE HERO PRODUCTS YOU NEED TO TRY!

8-PAGE BONE HEALTH BOOK

9 313006 005452 08



The stunning new Holden Cascada has arrived with sophisticated European styling, German engineering and luxury finishes like perforated Siena leather-appointed seats and diffused LED interior ambient lighting. The sculpted, triple-layered soft-top design and body blade styling creates a sleek silhouette with a roomy interior, making this a genuine 4-seater you can enjoy with your friends. Open up to the finer things in life. **holden.com.au/cascada**


CASCADA
HOLDEN
LET'S GO THERE

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AUGUST 2015

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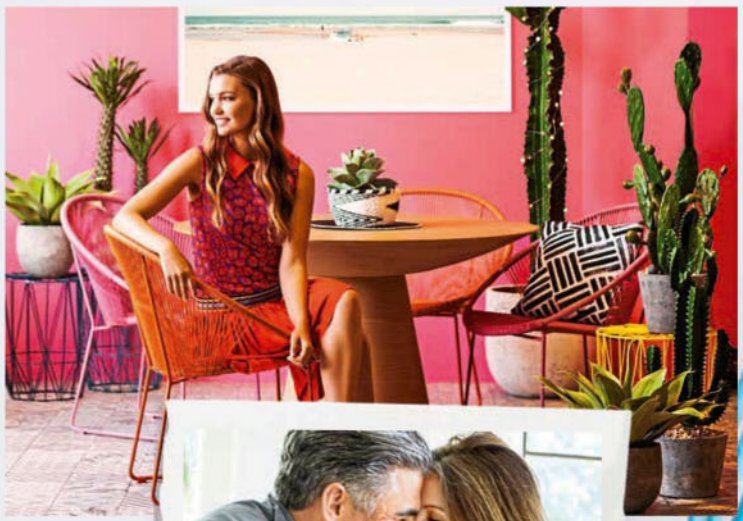
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Photography: Steven Chee

PHOTOGRAPHY SEVAK BABAKHANI • **STYLING** EDEN ABAGI



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Hello.



It's the middle of winter, and you are struggling to maintain your weight. But keeping it under control doesn't have to mean going hungry – it's just a matter of finetuning your everyday habits. In **EASY WEIGHT-LOSS STRATEGIES,** page 68, we show you how.

If you've ever been troubled by back pain, you know how it can affect your wellbeing. In **SAY GOODBYE TO BACK PAIN,** page 46, we find out what you can do to reduce its impact.

Wishing you could erase that body art, or undo the Botox? Check out the most popular reversal procedures in **COSMETIC REGRET,** page 40.

This month, Australia hosts the Netball World Cup 2015 – to get you inspired we chat to Laura Geitz, captain of the Australian Diamonds. In **JUMP FOR JOY,** page 104, she tells us how we can get back into the game.

Happy August!

LAURA GEITZ



Catherine

Editor

CATHERINE MARSHALL



CHECK OUT OUR TOP PICKS FOR HEARTY WINTER SOUPS ON PAGE 82.

GoodHealth

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say it!

What do you think about *Good Health*? We would love to hear from you

Staying abreast



Thank you *Good Health* for your breast health handbook (June 2015) – it really opened my eyes. Breast cancer is in my genes, as I'm sure is the case for many other men and women too. It's something that people need to be more aware of and I was happy to share your article with my friends and family. It's great that you're spreading so much awareness around breast health.

Mikaela, via email

Anaemia awareness

'Could You Be Anaemic?' (June 2015) was a big wake-up call for me. My teenage daughter has suffered dizziness, chills and weakness for months which I had put down to stresses at school and the challenges of growing up.

After reading this article I took her to our doctor who diagnosed her with iron deficiency. I've now learned never to ignore odd symptoms.

Christine, via email

TO HAVE YOUR SAY

Write to Letters to the Editor, GPO Box 4088, Sydney NSW 1028, fax (02) 9126 3713 or email us at health@bauer-media.com.au.



❤ **LETTER OF THE MONTH**

After reading 'The Rise Of The Lone Ranger' (July 2015) a lightbulb went off – it described me to a tee. I battled with depression and anxiety which made me socially withdrawn.

I now realise I have not worked hard enough to improve my life, so I've made a list of all those people I wish to reconnect with and am taking up yoga and Zumba classes again.

Thank you for helping me to move on with my life.

Janette, via email

Exercise inspiration



Your June 2015 story, 'Set Up A Home Gym', encouraged me to start exercising at home. I invested in the 'beginner's gym' equipment mentioned in the story. These don't take up too much space, they're easy to put away and there are plenty of online videos which show you how to use the different pieces. My living room and backyard are now my own private gym.

Luisa, via email



Farewell loneliness!

I am the perfect example of the 'lone ranger' described in your story on loneliness (July 2015). Over the past few years I've become estranged from friends and moved out on my own. I also find it hard to meet new people. The more time I spend alone, the harder it is to go out and be social.

I'm going to try your tips to beating loneliness and put myself out there!

Sabine, via email



Lessons in health

I can't believe how much great advice was packed into your July issue! I think of myself as a healthy person but 'Stand Up For Your Health' made me realise just how much time I spend sitting. And 'Update Your First-Aid Kit' prompted me to throw out all the out-of-date items I have in my medicine cabinet. Thanks for keeping me on the ball *Good Health*.

Nerida, via email



❤ **LETTER OF THE MONTH**

This month's winner will receive a Plunkett's skincare pack, valued at $260.75.

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IT'S THE SIMPLE THINGS...



Serving suggestion.

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New Campbell's Simply Soup is the simplest solution to a delicious meal packed with real veggies. Try Winter Vegetable: 5 serves of veg delivered in one deliciously smooth, simple soup.

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Kate.

RADIO PERSONALITY AND ACTRESS KATE RITCHIE TALKS ABOUT THE JOYS OF MOTHERHOOD AND HOW SHE STAYS HEALTHY



TEXT KATE MINOGUE • PHOTOGRAPHY PETER BREW-BEVAN • STYLING JULIE RUSSELL

Kate's FAVOURITE THINGS





FRAGRANCE: Tom Ford's Santal Blush

SKINCARE: Eco by Sonya Driver Pink Himalayan Salt Scrub, ChamonixRain Organics Coconut Body Butter



BOOK: *The Narrow Road To The Deep North* by Richard Flanagan



MUSIC: *Rebel Heart* by Madonna



TV SHOWS: *House of Cards*



GADGET: The Philips Avent bottle steriliser



MAKE-UP: Laura Mercier's Face Illuminator Powder in Indiscretion

Q *Congratulations on the birth of Mae. Can you tell us a bit about her?*

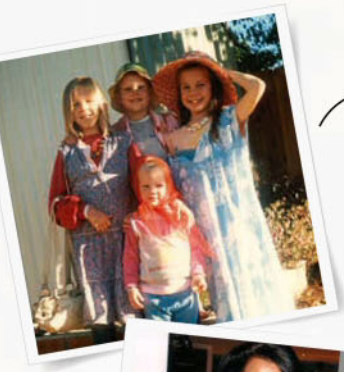
A. Mae was born on August 17, so she's just about to turn one. The year has flown by – she's grown so much! She's is an extremely active little thing, which is delightful. She changes every day. One day you think she's done the most amazing thing ever and nothing could ever compare, and then next week she does something else amazing!

Q *How are you juggling work and motherhood?*

A. That's a work in progress and I'm sure it will continue to be. I had seven weeks off when I had Mae and then I went back to work.

I'm part of the team which does the national drive show for [radio station] Nova 96.9. I also have ambassador roles for the Nutricia Profutura preconception, pregnancy and breastfeeding supplements, Ovarian Cancer Australia, and the Australian Red Cross Big Cake Bake campaign in August.

I'm in a good place with my work and home life. I'm able to



Childhood fun
"Me and my siblings Rebekah, Stuart and Susan (in front) outside our cubby house at our childhood home in Campbelltown, NSW. I have the most precious childhood memories."



My dearest girlfriends
"Bec, Victoria, Bek, Julie and me (clockwise from left). The women in my life become more precious as I get older."



With baby gifts
"When Mae was born we got so many gifts, so we decided to give some to families in need. This is me loading the car with donations for the Dandelion Support Network."

be with Mae and work from home in the morning, and then I head into the studio about 2pm and our show is live from 4pm to 6pm. Then I head home.

In some ways the Nova gig came along at the most perfect time. I can have a sleepless night and no-one would know it; it's only the boys in the studio who see me!

Q What do you love about your work?

A. I think my heart will always be in the acting world but I absolutely love my radio job at Nova. It's a different creative outlet. It's taught me how to find my own voice and trust in the things I have to say. You actually have to open up to be judged a bit more. That can be a bit daunting at first.

It helped that I came from a big family. Growing up there was always someone arguing or being teased. I say that with fondness, but I think that sibling banter is just like what we have on our show.

Q Has having a baby affected your health?

A. I do feel like I have come out the other side, with Mae reaching the one-year mark. Having a baby affects your health and wellbeing. Fortunately, I was feeling really healthy and strong when I fell pregnant, which helped. But when the baby first arrives you're not sure how you are ever going to get everything done.

I'm not as overwhelmed now – as I have learned to manage my time my health has come back. I'm also lucky I have an incredibly supportive family and we all help each other out and I'm able to have a bit of a breather at times.

Q How do you maintain your fitness?

A. I do a lot of walking and plenty of stretching. It's important I'm up and out of the house and get lots of fresh air and vitamin D every day. I have always been a bit of a homebody and I definitely am now, so I have to make myself stay active.

I continued my Pilates through my pregnancy and I got straight back to it after. Pilates is the one form of exercise that I feel has really changed my body – it makes me feel strong.

Best way to spend your spare time?
"With Mae, just watching her be wonderful."



What's your favourite food?
"You can't beat beautiful bread with the best salted butter money can buy, accompanied by a glass of wine."

Q What role does food play in your health?

A. My diet has always been incredibly varied. There's nothing I don't eat. It comes from being taught to eat what was put in front of you as a kid. My husband (Stuart Webb) is a chef and we love to celebrate with food. I'm not going to die wondering what soft cheese tastes like. I want to make sure I enjoy life!

Q How has parenthood changed family life?

A. It has changed everything. My husband absolutely adores Mae and was eager for her to arrive. When I first went back to work Stuart took time off work so he could be at home with Mae. We were so blessed to be in a position to do that.



In the studio
"Here's a selfie with Marty [Sheargold, left], Tim [Blackwell] and me in the Nova studio."

From pre-conception, pregnancy and throughout breast feeding, nutritional needs change, *your supplement should too*



Help build strong foundations for your child's health and development with a supplement that is specifically tailored for each stage of the journey.

There is no one-size-fits-all solution when it comes to the journey from pre-conception to breast feeding. A healthy diet is a foundation of a healthy pregnancy and where needed, the correct supplement will help bridge nutritional gaps. Using information from the Australian Health survey[1], together with NHMRC Nutrient reference values[2] and key antenatal clinical practice guidelines[3,4], the Profutura range has been developed to support your dietary intake and help bridge your nutritional gaps. The Profutura range provides selected key nutrients at appropriate levels, to help meet the increased requirements during each stage of your pre-conception, pregnancy and breast feeding journey, as well as providing important nutritional support for the healthy growth and development of your baby at these different stages.

STAGE ONE – Profutura pre-conception and pregnancy multi: To be taken from at least one month prior to conception up to 26 weeks pregnant, this multi provides key nutrients such as folic acid[3], vitamin D[5], iodine[4] and DHA rich omega-3 triglycerides[4] at levels recommended at this early stage of the journey.

STAGE TWO – Profutura pregnancy and breast feeding multi + probiotic: To be taken from 27 weeks into your pregnancy and throughout breast feeding. This multi provides adjusted levels of nutrients to meet the extra requirements of this stage plus the additional immune support provided by Probiotic LSS# which helps to support the development of your baby's healthy immune system and provides immune support for breast health while breast feeding.



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ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET.

[1] Australian Health Survey: Nutrition First Results - Foods and Nutrients, 2011–12. [2] Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes, NHMRC (2005). Canberra: Commonwealth of Australia. 2006. [3] Clinical Practice Guidelines: Antenatal Care – Module 1: Australian Government Department of Health and Ageing, 2012. http://www.health.gov.au/antenatal. [4] RANZCOG vitamin and mineral supplementation pregnancy review November 2014; NA:3–4. [5] Vitamin D and health in pregnancy, infants, children and adolescents in Australia and New Zealand: a position statement: Working Group of the Australian and New Zealand Bone and Mineral Society and Osteoporosis Australia, MJA 2013; 198(3): 142–143. *ENP – Early Life Nutritional Programming #LSS – Lactobacillus salivarius ssp. salivarius CECT 5713. CHC70596-04/15

MEMORY MAKERS

Use these tricks and tips to improve how well your memory performs right now



Close your eyes: Do it when you're trying to remember something you've recently seen, heard or learned, and you'll recall 23 per cent more information accurately, shows a UK study.

Imagine that you'll have to tell someone else: The pressure created by thinking that you'll have to relay the information to another person not only means you'll take it in more accurately, you'll recall it better too, say US scientists.

Write it down: Boost your memory by using a pen and paper rather than an electronic device to write notes when it's something you really need to remember, say researchers.

Have a coffee: Getting a hit of caffeine soon after your brain's been exposed to information you want to remember can improve how well you'll recall it the next day, shows a US study.

Clench your fists: Clench your right hand for 90 seconds just before you have to take new information in, and do the same thing with your left hand just before you have to recall it, and you'll improve how well your memory performs.

Go for a 20-minute walk: Right before you need to retain information you need to recall at a later date, say when studying for an exam, give your brain a boost with a short, brisk walk. Researchers say other forms of exercise are likely to work as well.



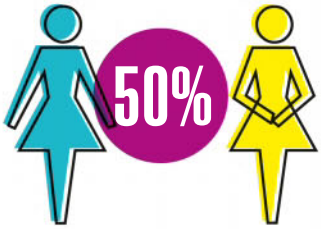
A real heartbreaker

Going through a traumatic life event, like losing a loved one, increases your risk of having a heart attack by more than 65 per cent. But you can beat the odds – try these steps:

Adopt a dog or a cat.
You'll lower your stress levels and be 30 per cent less likely to have a heart attack than people without a four-legged family member.

Avoid taking certain painkillers too often.
Taking non-steroidal anti-inflammatory drugs more than twice a week on a regular basis increases the risk of heart attack by 10 per cent.

Get to know your neighbours.
People who are heavily involved in their local community lower their heart attack risk by as much as 70 per cent.



That's how many of us get the technique wrong when we do pelvic floor muscle exercises to help beat bladder leakage. Poor technique might make the problem worse so try these:

PRACTICE MAKES PERFECT

kGoal, $188 from kgoal.com.au, is an interactive training system that helps you perform pelvic floor muscle exercises properly. It syncs a device with a smartphone app to guide you through workouts, give you feedback on your technique and track your progress.

AND IN THE MEANTIME

ProtechDry, $34.95, is a range of underwear designed for light incontinence. It's made of 90 per cent cotton and looks like normal underwear. From pharmacies.

GOT A SONG STUCK IN YOUR HEAD?

If it's bugging you, chew some gum. The jaw movement interferes with your brain's ability to imagine sounds, which means you'll wind up 'hearing' the song about 30 per cent less.





GOAL-GETTING TRICK

If there's a health goal (like losing weight or lowering your blood pressure) you want to achieve before the end of the year, MEASURE THE TIME YOU'VE GOT LEFT TO DO IT IN DAYS INSTEAD OF MONTHS. ***You'll hit your target a full month earlier, because*** FRAMING TIME IN DAYS MAKES AN EVENT SEEM CLOSER ***and therefore more urgent, say researchers.***

TEXT KAREN FITTALL • **PHOTOGRAPHY** GETTY IMAGES / CORBIS / NICK SCOTT/BAUERSYNDICATION.COM.AU

[NINE OUT OF 10] ➔ **That's the number of women who don't realise that having hiccups combined with chest pain is an early (and unique) warning sign of stroke in women.**

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HOLD THE BLEACH

Your family's health will thank you for it. Children who live in households that use bleach-based cleaning products are 20 per cent more likely to catch the flu. Their risk of recurrent tonsillitis jumps by 35 per cent, too.





YOU CAN LOWER YOUR BREAST CANCER RISK

BY HAVING AN EARLY DINNER. Your blood glucose level – a known risk factor for breast cancer – falls by four per cent with every three-hour increase in night-time fasting. So if you avoid eating between 7pm and 8am, your blood glucose will be eight per cent lower than when you have a late-night snack and an early breakfast.

GO TO BED ON TIME

New research proves how **losing just two hours' sleep a night slows down the body's metabolism,** which makes it easier to gain weight.

Our FAVOURITE READS THIS MONTH







The Anxiety Toolkit *by Dr Alice Boyes (Hachette, $32.99).* Worry, negativity, perfectionism and over-thinking are just some of the symptoms you may experience if you suffer from anxiety. This book offers strategies to help you manage anxiety in a range of different situations.

Four Ways to Click *by Dr Amy Banks (Allen & Unwin, $29.99).* Have you ever wondered what the secret to a successful relationship is? According to this book, building strong, satisfying relationships begins with changing the way you think. Learn here how to feel more happy and connected.

Visualization for Weight Loss *by Jon Gabriel (Hay House, $19.95).* If you struggle with emotional eating or food addiction, visualisation could help you take back control. Try these techniques to help you change the way you feel about food, create healthy habits and achieve sustainable weight loss.

If you snore

... ASK SOMEONE TO TELL YOU HOW NOISY YOU ARE.
US research has linked heavy, loud snoring with dementia, with studies showing that snorers may be at risk of developing the first warning signs of dementia 10 years earlier than normal.
TO TURN THE VOLUME DOWN: Sing for 20 minutes a day. Snorers who did that for three months reduced the frequency, severity and noise level of their snoring.

TEXT KAREN FITTALL • **BOOKS** LINDYL CRABB • **PHOTOGRAPHY** BENJAMIN HANSEN/BAUERSYNDICATION.COM.AU / CHRIS JANSEN

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Injury-proof RUNNING

Don't let discomfort or injuries stop you from enjoying a jog or achieving your best run. Physiotherapist and marathon runner Jess Trengove tells us how to prevent three common complaints.

PULLED MUSCLES

Muscle strain and fatigue occur when your muscle fibres tear. Warming up thoroughly before running, building your intensity gradually and ensuring you allow recovery time between runs can minimise your risk.

SIDE STITCHES

This sharp pain is often the result of reduced blood flow to the diaphragm or pulling on the ligaments around the area. To prevent them, avoid big meals and sugary drinks just before you run. If you do get a stitch, try deep breathing to ease it.

SHIN SPLINTS

Also known as medial tibial stress syndrome, shin splints cause pain along the bone on the inside of your lower leg. To avoid them wear footwear designed for running, build strength in hip, gluteal and calf muscles, and build up your frequency and intensity steadily.



NEW GEAR IS GOOD FOR YOU!

Feel like splurging on some new exercise equipment? A US study shows spending money on fitness activities you enjoy can make them feel more enriching. It's the perfect excuse to update your gym bag.



1. Reebok ZPump Fusion running shoes, $179.99. reebok.com.au.



2. Lorna Jane Jungle Fever exercise mat, $99.99. lornajane.com.au.



3. Fortis Digital Skipping Rope with calorie and jump counter, $15. kogan.com.

20

Walk for this many minutes every day to reduce your risk of an early death. That's the advice from a University of Cambridge study that shows not getting enough physical activity causes twice as many deaths as obesity.

Q. How long does it take to get out of shape?

A. If you normally exercise several times a week, after two to three weeks of inactivity you may notice a loss of strength, Spanish research shows. And your cardiovascular conditioning could decline even faster. It can take only a few days for your performance to drop and four weeks for your maximum oxygen capacity to fall.

Here's the good news: You'll bounce back faster if you're a regular exerciser, and it's okay to skip a workout when you need to.



[MIND OVER MATTER] **You can reduce the pain you feel during an intense workout with your mind. A US study shows that the key to reducing pain is to change the way you think about it. In the study, visualising the sensation of intense painful heat as a pleasant warmth instead, like a blanket on a cold day, helped reduce the pain.**

TEXT LINDYL CRABB • **PHOTOGRAPHY** GETTY IMAGES/PAUL SUESSE

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APPS FOR FOODIES

When you need food and nutrition information in a flash, your smartphone is a handy go-to resource. Here are five apps that deliver advice in the kitchen, supermarket and restaurant.

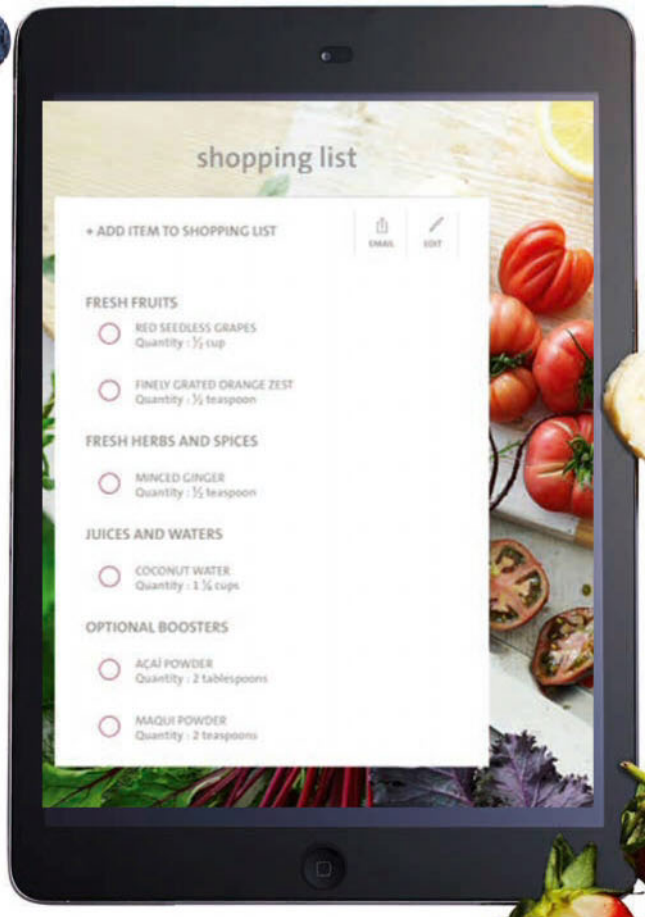
THE BLENDER GIRL SMOOTHIES app finds a smoothie recipe to suit your daily needs and cravings. New recipes are added weekly. From the App Store, $3.79.

ALLERGY FT records your food allergies and translates them into other languages so you know what to avoid when travelling. From the App Store, $3.79.

FOODUCATE tracks your kilojoule intake and explains the nutritional value of your grocery items. From the App Store and Google Play, free.

KITCHEN CALCULATOR PRO converts cooking measurements and adjusts recipes to suit your serving sizes. From the App Store, $3.79.

MAKE MY DISH suggests easy recipes to make with whatever you have in your pantry and fridge. From Windows Phone, free.





THE MORE THE MERRIER

Did you know the more friends you're with on an evening out, the more you are likely to drink. A Swiss study shows a link between group size and the amount of alcohol young adults consume.



TURN OVER A NEW LEAF

All lettuce is rich in antioxidants but a Spanish study shows that the redder the leaves, THE FASTER THE ANTIOXIDANTS CAN TAKE EFFECT IN YOUR BODY. ***Greener leaves contain antioxidant compounds that act at a slower rate and over a longer period of time,*** SO TO GET SUSTAINED BENEFITS MIX UP YOUR SALAD LEAVES.

Fight migraines with folate

Adding more folate to your diet could reduce the severity and frequency of your migraines, a Queensland University of Technology study shows. For a natural way to ease the symptoms, fill up on folate-rich foods such as:



SPINACH AND KALE



ASPARAGUS



BROCCOLI



BRUSSELS SPROUTS



LEGUMES



WHOLEGRAINS

TEXT LINDYL CRABB • PHOTOGRAPHY CORBIS / GETTY IMAGES / CHRIS JANSEN

9.3kg

That's how much yoghurt the average Australian consumes each year. Start making your own at home with the **EasiYo yoghurt maker, $24.99.** It easily creates yoghurt containing billions of good bacteria and probiotics without any artificial ingredients.





THE POWER OF PLANTS

Eating a diet that includes 70 per cent plant-based foods can lower your risk of heart disease and stroke, shows a UK study. That's great news if you're interested in the health benefits of a vegetarian diet but don't want to give up meat completely!

DITCH THE 'D' WORD

To improve the way you feel about food and create better eating habits, don't use the word 'diet'. It may cause you to feel distressed about your weight and appearance, but won't help you make healthier food choices in the long run, shows a Dutch study. Instead, focus on creating a healthier lifestyle and set yourself positive goals.

CURB CRAVINGS WITH YOUR FINGERTIPS

Need to get rid of a sudden food urge? Tap your forehead and ear with your index finger for 30 seconds. That's the advice from The Obesity Society research which shows concentrating on the sensation of tapping may help you forget about food. If you're in public, tapping your toe can produce a similar response.





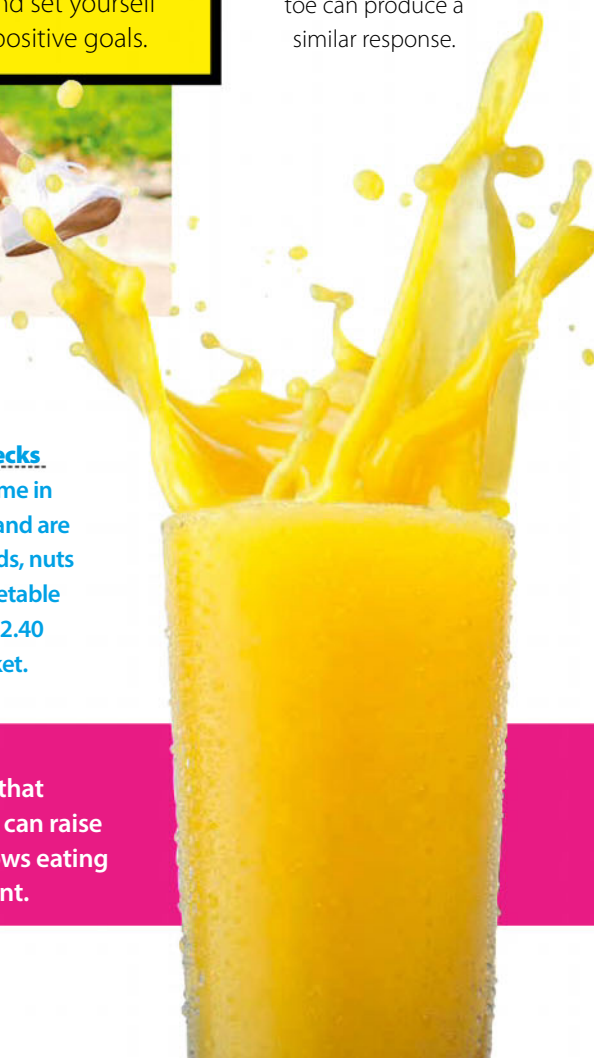


OUR FAVOURITE SNACKS THIS MONTH

The Australian Superfood Co raw bars are made with bush foods such as Kakadu Plum and Wattleseed. $4.50 for a 40g bar.

Five:am cacao yoghurt is an organic dairy treat that can help satisfy your chocolate cravings. $2.49 for a 170g tub.

Fine Fettle Flecks trail mixes come in four varieties and are filled with seeds, nuts and dried vegetable pieces. From $2.40 for a 30g packet.



[SAY NO TO FRUIT JUICE]

Why? A study of 190,000 people published in the *British Medical Journal* found that drinking one or more daily servings of fruit juice – yes, even freshly squeezed – can raise type 2 diabetes risk by 21 per cent. Want to slash your risk? The same study shows eating 80g of blueberries at least three times a week may lower risk by up to 23 per cent.





The science of saying sorry

You're more likely to apologise if you're a conscientious, honest person, shows an Australian study.

➜ These traits may encourage you to own up straightaway if you've done something wrong.
➜ And apologising for things that aren't your fault, like bad traffic or wet weather, can help you seem more trustworthy.
A US study shows 'superfluous apologies' (a phrase coined by social psychologists) encourage others to trust you because they express empathy.

Rules of attraction

Does your love-life seem a little unpredictable? These studies reveal the surprising factors that may influence who you're dating and how much sex you're having.

Sex improves after your 50th wedding anniversary.
While most couples experience a decline in sexual activity over time, once you've clocked up 50 years of marriage it may pick up, a US study shows. The research suggests that intimacy becomes a high priority again later in life.

Hormones influence your judgment.
The closer you are to ovulating, the more attracted you'll be to physically strong, confident, rebellious men, according to a University of Texas study. It also reveals that during this time you're more likely to perceive these men as reliable fathers.

Jealousy boosts your sex life.
The more male co-workers and friends a woman has, the more sex she'll have with her partner, shows a recent US study. But there's a catch: Her sex life will only benefit if her partner thinks the other men find her desirable.

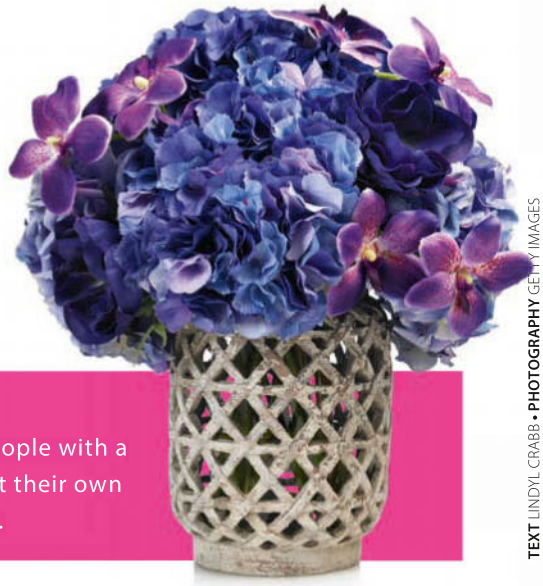
CHUCKLE POWER

Want someone to tell you a secret? Make them laugh! Laughter can encourage you to let your guard down and share intimate details about yourself, a study in the journal *Human Nature* shows. The endorphins released when you have a chuckle help you feel more socially open and at ease.



MAKE THE CONNECTION

Social networking can improve the mental capacity and wellbeing of adults aged over 65. A UK study shows learning to use a computer and communicating with friends and family online can also increase older adults' sense of competence and identity.



WHO INSPIRES YOU?

If you answered 'myself', you probably feel powerful. A Dutch study shows people with a heightened sense of power find themselves inspiring and prefer to talk about their own lives, while those who feel less powerful tend to gain inspiration from others.

TEXT LINDYL CRABB • PHOTOGRAPHY GETTY IMAGES

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beauty news.

BE THE BEST VERSION OF YOU



PERFECT PALETTES

Tom Ford's Eye and Cheek Compact Summer '15, $134, boasts three wearable eyeshadows and two cheek colours, giving you options to play with. Looking for more earthy, neutral shades? **Bobbi Brown** limited-edition **Telluride Eye Palette, $95,** is just perfect.





WALK THE LINE

Benefit They're Real! Push-Up Liner, $37 each, now comes in colour. With its stay-put formula, it the perfect option to use instead of eyeshadow.



HIGH NOTE

Searching for a fresh, new scent? You'll love **Nina Ricci L'Extase, $135** – a sensual combination of rose, musk and amber.

ARTIST'S IMPRESSION

Fashion designer Emma Mulholland, illustrator Andrew Archer and tattooist Dean Carlyle have teamed up with **Shu Uemura,** each designing a limited-edition **Cleansing Oil Shampoo,** $73. The results are simply gorgeous.



YOUR NAIL FORECAST...

Bright days ahead with pops of coral, yellow and blue. Embrace the bold look with **Brights by OPI Mini Nail Lacquers,** $29.95.



TEXT YASEMIN TROLLOPE • **PHOTOGRAPHY** CHRIS JANSEN

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COLD COMFORT
Laid low by a nasty winter bug? Here's how to feel better fast

SURPRISING THINGS THAT MAKE YOU SICK
The 'healthy' habits that can put you at risk

WHY MORNINGS MATTER
Give your day a wellness boost – it's easy!

COSMETIC REGRET
How to reverse a procedure

WHAT GYNAECOLOGISTS TELL THEIR FRIENDS
Women's health experts share their insights

SAY GOODBYE TO BACK PAIN
The lesser-known causes of back problems

BEAT THE BLUES
Feeling a little flat? Here's how to get your pep back!

YOUR THYROID
We answer key questions about this vital gland

10 QUESTIONS FOR A BETTER RELATIONSHIP
What you need to ask

SAYING 'NO' IS GOOD FOR YOU
Go on, get empowered!

WHEN SIBLINGS FALL OUT
Expert advice on healing the rift

YOUR KIDS AND BODY IMAGE
Helping your children develop a positive self-image

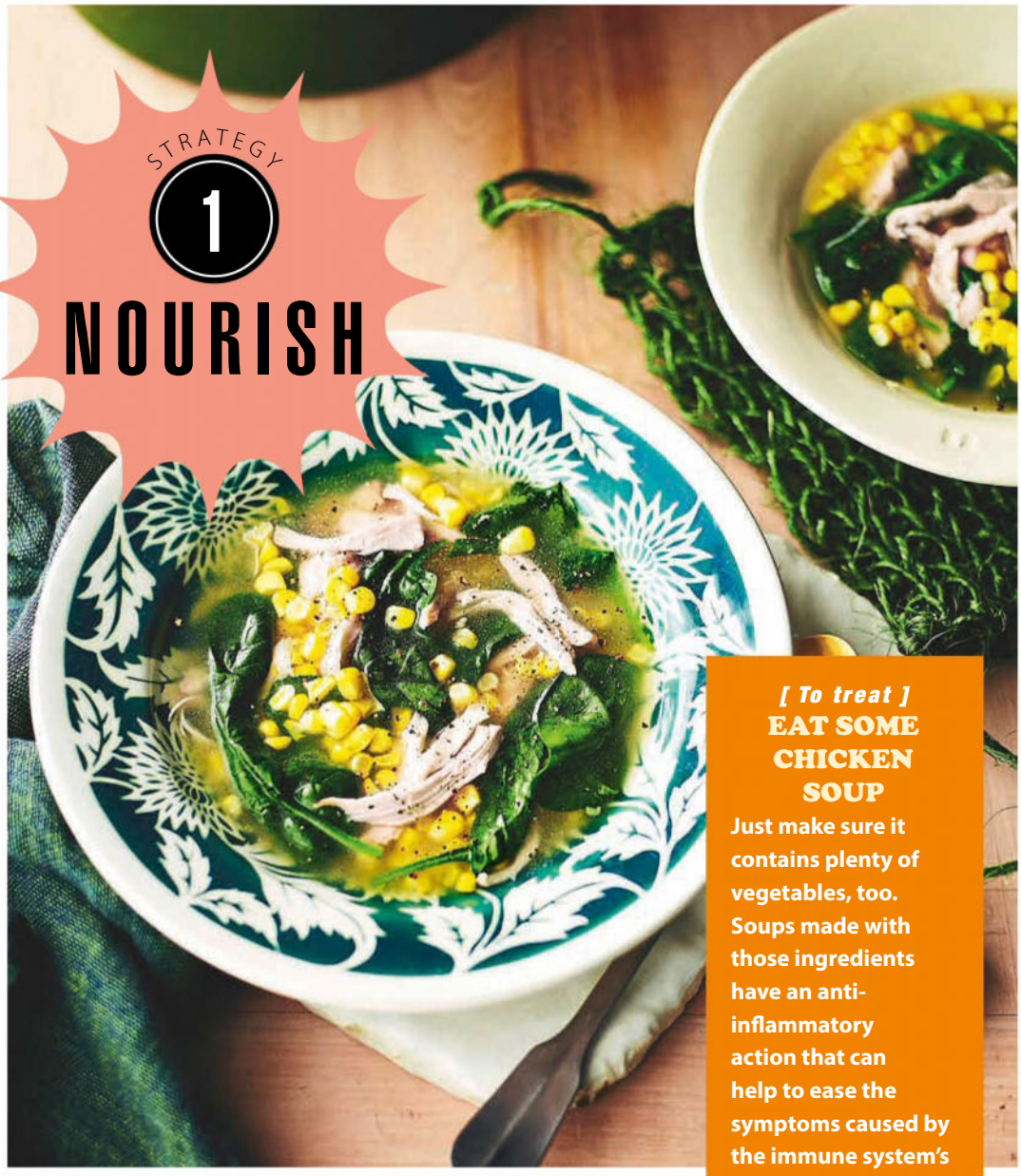
PHOTOGRAPHY BAUERSYNDICATION.COM.AU



COLD COMFORT

Forget suffering for days on end when you've got a cold or flu. Karen Fittall finds out how to feel better fast – and how to avoid getting sick in the first place

PHOTOGRAPHY STEPHANIE RAUSSER/TRUNKARCHIVE.COM/SNAPPER MEDIA / GETTY IMAGES / BAUERSYNDICATION.COM.AU



STRATEGY 1

NOURISH

[To prevent]

TAKE A PROBIOTIC

That can reduce your risk of catching a cold by 47 per cent, according to a new review of 33 studies. And even if you do catch something, you'll be in a better position to fight back if you've been taking a probiotic for a few weeks beforehand. Research shows that when people who'd been taking a combination of *Lactobacillus rhamnosus GG* and *Bifidobacterium animalis lactis* for 12 weeks caught a cold, their symptoms were 34 per cent less severe and they recovered two days earlier.

ALSO TAKE A GARLIC SUPPLEMENT

Choose a high-potency one, so you get 180mg a day of allicin, a compound in garlic that affects immune response. In a study, those who took allicin extract caught 64 per cent fewer colds during winter.



[To treat]

EAT SOME CHICKEN SOUP

Just make sure it contains plenty of vegetables, too. Soups made with those ingredients have an anti-inflammatory action that can help to ease the symptoms caused by the immune system's response to a virus, like coughing and a runny nose.

STOCK UP ON ZINC LOZENGES

As long as you start taking them within 24 hours of experiencing symptoms like sneezing, zinc can reduce the severity and length of a cold. In fact, if you take more than 75mg of zinc a day in the form of a lozenge, you could shorten your illness by up to 42 per cent. ▶





STRATEGY 2

SLEEP

[To prevent]

MAKE SURE YOU GET EIGHT HOURS' SLEEP A NIGHT

Sleep plays a crucial role in regulating the release of 'symptom mediators' like pro-inflammatory cytokines and histamines, in response to an infection. Proof is the fact that people who get less than seven hours' sleep per night are about three times more likely to develop symptoms after being exposed to a cold virus than those who get eight or more hours' sleep.

[To treat]

WHEN YOU FEEL SLEEPY, SLEEP

As well as affecting the lungs, it seems viruses that cause upper respiratory tract infections, like the flu, reach the brain too, say scientists. And because sleep helps the body overcome infection, as soon as the virus hits your head, your brain reacts by stimulating an inflammatory reaction designed to make you feel sleepy. So to feel better as soon as possible, give in to the feeling and rest.

STRATEGY 3

HEAT

[To prevent]

WRAP UP WARM IN COLD WEATHER

Viruses that are responsible for the common cold reproduce themselves more efficiently in colder environments. It explains why one in three people who are exposed to icy conditions will develop a cold after being exposed to a virus, compared to just one in 10 of the people who stay warm. But if you keep your body temperature up by dressing appropriately for the weather, you'll lower your risk of developing symptoms when you encounter a cold virus by 20 per cent.

[To treat]

HAVE A HOT DRINK

When Welsh scientists put the theory to the test, people who drank a hot apple-and blackcurrant-flavoured drink experienced immediate relief from symptoms including a runny nose, cough, sore throat and sneezing – and the relief was relatively long-lasting. In comparison, people who had the same drink at room temperature didn't notice any difference.



STRATEGY 4

MIND

[To prevent]

TAKE UP MEDITATION

People who do catch 32 per cent fewer colds and take 43 per cent fewer sick days than people who don't meditate, according to US researchers. The most likely explanation is that by helping to keep a lid on stress levels, meditation has a beneficial effect on the immune system.

AND TRY TO BE POSITIVE

People who scored well on three measures of positivity – including a sense of wellbeing, how calm they felt and how enthusiastic about life they were – were less likely to develop cold symptoms after receiving a 'squirt' of rhinovirus – the cause of the common cold – up their nose.

[To treat]

SEE AN EMPATHETIC DOCTOR

If you feel like your doctor cares about how you're feeling when you visit them with a cold, you'll get rid of your symptoms a full day sooner. The researchers say it's because something as simple as being shown a bit of kindness peps up the immune system, which speeds up recovery.



STRATEGY 5

EXERCISE

[To prevent]

WORK OUT REGULARLY

You'll reduce your risk of catching a cold when a virus is doing the rounds by more than a third if you do some regular exercise. Researchers say it's because exercise enhances how well cells that play a role in immunity, including immunoglobulins, circulate around the body. And even though the initial effect only lasts for three hours post-exercise, it improves the immune system's long-term surveillance of pathogens, including the cold virus.

[To treat]

DO SOME LIGHT EXERCISE WHEN YOU'VE GOT A HEAD COLD

In reality it won't reduce how long your cold lasts for, but you'll feel better after, with researchers discovering that self-reported assessments of cold symptoms improved after physical activity. And if your symptoms are limited to the head, rather than the chest, it's safe to exercise lightly when you've got a cold.

DID YOU KNOW?

There are 200 different viruses which can result in a cold and at least half are caused by the rhinovirus **(rhino means nose). When exposed to a strain of rhinovirus they have not met before, 95 per cent of people become infected and 75 per cent of those become ill. The highest concentration of rhinovirus in nasal secretions occurs during the first three days of infection. So this is when the person is most contagious.**

A cold virus remains highly infectious for up to 24 hours on an infected surface such as a hand rail or desk. **And because sick people infect at least 35 per cent of the surfaces they come into contact with and we touch our faces about 16 times an hour, the risk is huge. Wash your hands regularly or try a hand sanitiser with at least 60 per cent alcohol – that will remove 80 per cent of any rhinovirus you pick up.**

Fever is an obvious sign that your body is fighting an infection, including one caused by the influenza virus. **If you want to recover as quickly as possible, avoid taking too many fever-reducing medications, like aspirin and paracetamol. They might make you feel slightly better temporarily, but by suppressing the body's natural 'fight' reaction they can also prolong the infection, say US researchers.**

SURPRISING things THAT MAKE YOU SICK

SOME SEEMINGLY HEALTHY HABITS MIGHT NOT BE AS GOOD FOR YOU AS YOU THINK. HERE'S WHAT TO WATCH OUT FOR.
BY SARAH MARINOS

Would you ever have thought swimming, brushing your teeth, or eating fruit could have potentially risky consequences? Health experts say there are risks involved in some of the most routine activities – some are things we can avoid and others are just down to circumstances.



PHOTOGRAPHY CORBIS

1 TOO MANY CHANGES IN ROUTINE

Chop and change your routine and you can flood your body with stress hormones, such as cortisol, that can affect your memory. "A change in routine can also affect your health by interfering with physical activity, your sleep and how well you're eating," says Dr Ronald McCoy of the Royal Australian College of General Practitioners..

What to do: Stick to a daily routine by eating, exercising, waking and sleeping at similar times most days.

2 SWIMMING IN A PUBLIC POOL

Bacteria called *cryptosporidium*, found in faeces, can contaminate pool water and cause diarrhoea, stomach cramps and nausea. And if someone urinates in a chlorinated pool a cocktail of chemicals results that can irritate the lungs, eyes and throat.

What to do: Don't swim if you've had diarrhoea in the past two weeks and always shower before and after a swim. "Wear thongs in public showers to reduce the risk of tinea, a fungal infection that thrives in moist places," says Dr McCoy.

3 YOUR TOOTHBRUSH

The average toothbrush can contain 1.2 million bacteria including germs like the flu virus, *staphylococcus* bacteria, *E.coli* and *streptococcal* virus. If you keep your toothbrush close to the toilet, bacteria from the toilet bowl can end up on the brush when you flush.

What to do: Change to a new toothbrush every season and

after being sick. "And after using your brush shake off excess water, and never share a brush," says Dr Peter Alldritt of the Australian Dental Association.

4 YOUR PILLOWS

Your pillows can contain more than a million fungal spores that aggravate hay fever, asthma and sinusitis, according to a UK study. Dust mites eat fungi, and then any surviving fungi use the faeces of dust mites as well as human skin as a source of nutrition. "There could be a 'miniature ecosystem' at work inside our pillows," says researcher Professor Ashley Woodcock from the University of Manchester in the UK.

What to do: Change your pillows every two years, wash them regularly and dry them in the sun.

5 OVER-EXERCISING

Too much high-intensity exercise increases the risk of colds and flu by raising stress hormones that make us vulnerable to infections. "These viruses are spread through air-borne droplets and when people exercise heavily they breathe more through their mouth and ingest more droplets," says Dr McCoy.

What to do: A daily brisk walk or a 30-minute aerobics class most days of the week is great, but after a long run or intense exercise take a day or two to recover.

6. EYE MAKE-UP CARE

Avoid applying eyeliner too close to the inside of your eyelids as it can block glands which secrete the oily substance that keeps eyeballs moist. "If glands get blocked you can get a stye or blepharitis," says Dr Diana Semmonds of the Royal Australian and New Zealand College of Ophthalmologists. Also, mascara brushes collect bacteria from your lashes So if you scratch your eye with the brush you can get an infection.

What to do: Change your mascara every three to four months, don't use make-up if you have an eye infection and never share eye make-up.



7 A COLD NOSE

Having a cold nose makes you more vulnerable to getting the common cold virus. US researchers tested the ability of the common cold virus to survive in airways at body temperature and then at four degrees cooler. "We found that the immune response to the rhinovirus is impaired at the lower body temperature," says Professor Akiko Iwasaki from Yale School of Medicine, lead researcher on the study.

What to do: During cold weather keep your nose covered and warm to reduce the odds of catching a cold.

8 BEING TOO SLIM

If you're too thin in your 40s and onwards, you could be at greater risk of dementia. A UK study found people with a BMI of less than 20 were 34 per cent more likely to be diagnosed with the disease. Being too slim also increases the odds of osteoporosis.

What to do: Maintain a normal BMI (between 20 and 25) and if you need to gain weight choose healthy snacks such as yoghurt, cheese and crackers, toast with avocado, nuts or a glass of milk. Even if you have a healthy BMI, keep your bones strong with weight-bearing exercise and get your cholesterol and blood pressure levels checked regularly.

9 LIVING IN THE COUNTRYSIDE

Life expectancy is up to four years lower for people living in rural and regional areas compared to city dwellers. This is partly due to fewer GPs and specialists working in those areas, but also smoking rates are 24 per cent higher and there's a 20 per cent higher level of injury, says the Australian Institute of Health and Welfare.

What to do: If you live in the country have health checks and make the most of local communities. "Country communities can be more connected and this has mental health benefits," says Dr McCoy.

10 EATING TOO MUCH FRUIT

While fruit is packed with vitamins and antioxidants, it also contains fructose that can raise blood sugar levels and increase appetite. Higher fructose fruits include figs, kiwi fruit, mangoes, bananas, oranges and raisins.

What to do: You don't need to remove sugars like fructose from your diet totally. Aim for two pieces of fruit a day. "It's not about cutting it out, it's excessive amounts that are the issue," says dietitian Julie Gilbert.

WHY *mornings* MATTER

When it comes to your health and wellbeing, how you start your day can have a big impact. By Sarah Marinos



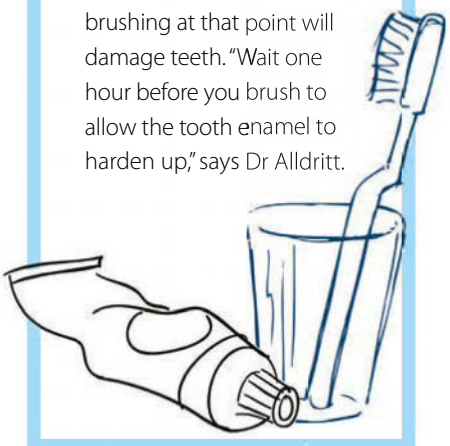
What you do in the morning can have an impact on your health for the rest of the day. You don't have to make a lot of effort, but a few simple steps could make a difference to everything from your teeth and blood pressure to your waistline and memory.



1 Brush after breakfast on most mornings

Brush your teeth after breakfast – but not if you've had fruit juice.

"Usually we brush after breakfast to remove food particles and bacteria from the teeth and gums and reduce the risk of decay-causing acid attacks," says Dr Peter Alldritt of the Australian Dental Association. But don't brush after breakfast if you've had fruit juice. The acidity will soften tooth enamel and brushing at that point will damage teeth. "Wait one hour before you brush to allow the tooth enamel to harden up," says Dr Alldritt.



2 Spice up breakfast

If you regularly eat breakfast then you get more vitamins and minerals and you're likely to better manage your weight than those who skip the morning meal. Healthy breakfasts include wholegrain cereals, eggs, low-fat milk and cheese, plain yoghurt, fresh fruit and low-fat smoothies.

You can add to the health benefits by adding a quarter of a teaspoon of turmeric – a yellow Asian spice – to your breakfast. It will give your working memory a boost. "Working memory is one of the most important mental faculties, critical for planning, problem solving and reasoning," says Professor Mark Wahlqvist from Monash University.

3 BUT skip breakfast to beat a fatty liver

More than 5.5 million Australians have non-alcoholic fatty liver disease (NAFLD), where fat builds in liver cells. Excess weight around the middle increases the risk, but a study found that people with fatty liver who ate nothing between 8pm and midday the following day lost weight and reduced liver fat. "About five per cent of NAFLD patients develop cirrhosis, so anything people can do to lose some weight, especially around the waist, will delay the onset of illness," says Dr Alex Hodge, a gastroenterologist at Monash University. ▶

4

TRY SOME WATER THERAPY

If you suffer bouts of heartburn when you wake, drinking a glass or two of water can help reduce acid build-up in your stomach. You can also relieve constipation and headaches with morning 'water therapy', according to Ayurvedic medicine – but you'll need to drink 1.25 litres.

"We need water for almost all metabolic processes and we know dehydration affects how we think and complete tasks. Drinking water when you wake is a good way to start meeting fluid requirements each day," says Natasha Murray, spokesperson for the Dietitians Association of Australia.



5

Do some morning meditation

If you thought yoga and meditation were New Age nonsense, Harvard research will make you think again. A daily 20 minutes of Kundalini yoga that combines meditation, breathing exercises and yoga postures seems to relieve physical and mental stress, says US psychiatrist Dr John Denninger. "The kinds of things that happen when you meditate do have effects throughout the body, not just in the brain," he says.

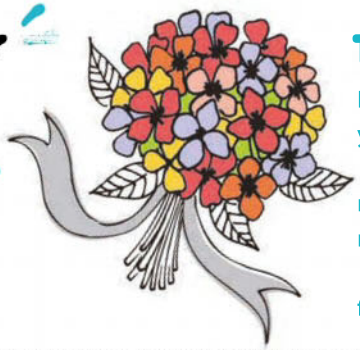
So start your day with a calming 20-minute Kundalini session.

6 Exercise at 7am

Lower blood pressure and sleep well by going for a walk at 7am. US researchers found 40- to 60-year-olds who walked on a treadmill for 30 minutes, three times a week at 7am had a 10 per cent drop in blood pressure and slept longer at night than those who exercised later in the day.

Morning exercise releases chemicals that are good for the heart, brain, muscles and bones, says Professor John Hawley from Australian Catholic University. "You get the endorphin brain factor that makes you feel good for the rest of the day, too."

7



The power of flowers

Looking at flowers in the morning helps you feel positive – especially if you're not a 'morning' person.

"The morning blahs is a real phenomenon, with positive moods manifesting much later in the day. When we introduced a small bouquet of flowers into their morning routines, people perked up," says Harvard researcher Dr Nancy Etcoff.

The most positive mood effect happened with flowers in the kitchen. So put flowers on the workbench or kitchen table to start the day with the right mindset.

PHOTOGRAPHY STEPHANIE RAUSSER/TRUNKARCHIVE.COM/SNAPPER MEDIA / GETTY IMAGES



8 HAVE A BREW

Sip on a cup of peppermint tea in the morning – the smell lowers frustration, according to US research. But if you need a caffeine hit go for black tea, which has been shown to make you feel calm and alert. For coffee lovers, there's good news on the health front from the Harvard School of Public Health, with research showing that two to four cups of coffee a day may help protect against Parkinson's disease.

9 Have sex

Getting intimate in the early hours may cut the risk of cold or flu, says US scientist Dr Debby Herbenick, because while having sex we release an antibody called IgA that helps fight infection.

During an energetic morning sex session you can also burn the same amount of kilojoules as during a brisk walk – and even a simple smooch is a stress buster. "Kissing stops the buzz in your mind, it quells anxiety and it heightens the experience of being present in the moment," says Dr Joy Davidson, a US psychologist.



10 DON'T MAKE YOUR BED

A messy bed is less likely to attract dust mites that can cause asthma and allergies, so resist the urge to make your bed in the morning. UK researchers found bugs love the warmth and moisture of a made bed because they survive by absorbing moisture from the atmosphere.

"Leaving a bed unmade during the day can remove moisture from the sheets and mattress so mites will dehydrate and die," says Dr Stephen Pretlove from Kingston University in the UK.





HEAR DR TERENCE POON EXPLAIN WHAT YOU NEED TO KNOW ABOUT TATTOO REMOVAL. Use the free ***viewa*** app and scan your device over this page to watch.

COSMETIC REGRET

How to reverse a procedure

Sick of that body art? Breast implants troubling you? Larraine Sathicq looks at where to go for help

It seemed like a good idea at the time but there are many reasons you may now regret that cosmetic treatment. From Botox to breast enlargements, we look at some of the most popular procedures and how to undo them.

Tattoos

Nothing says regret like unwanted body art, especially if it's faded, saggy or advertises the name of your ex. Dermatologist and laser specialist Dr Terence Poon from Neutral Bay Laser & Dermatology Clinic says although tattoos are usually more painful and expensive to get rid of than they were to have done in the first place, new technology means the majority can be removed.

"The latest laser treatment is called Picosure and releases a high-energy one-trillionth of a second pulse to shatter the tattoo pigment into tiny particles to be removed by the immune system's scavenger cells," he explains.

PHOTOGRAPHY GALLERY STOCK/SNAPPER MEDIA

"The number of treatments needed depends on the size and colour of the tattoo but most require three to eight treatments about six weeks apart."

Tattoo removal is a growing industry but there are no regulations on cosmetic lasers, so choosing the cheapest operator may not be the wisest choice. At best you'll end up needing many more treatment sessions than initially quoted and at worst you could be left with serious burns or scarring, says Dr Poon. "Ask your GP or dermatologist to refer you to someone who has experience with lasers."

Fillers

If you're not happy with the results of this procedure or you've simply changed your mind, having it reversed comes with varied levels of difficulty, depending on the type of filler you had injected. "Temporary fillers are most easily reversed because they are made from a natural moisturising factor called hyaluronic acid," says cosmetic medical practitioner Dr Angela Richardson. "An enzyme called Hyalase can be used to quickly dissolve these types of fillers but it can also trigger an allergic reaction in some people."

Semi-permanent or permanent fillers, especially those designed to last up to 10 years, are trickier to get rid of and may require surgical removal.

Breast augmentation

Poor quality implants, serious infection and ruptures are among the reasons for having a breast enlargement reversed and some are easier to do than others, says Gold Coast plastic surgeon Dr Luke Stradwick. "Some women find their breast tissue shrinks back to normal after they have implants removed but others may require breast lift or reduction surgery," he explains.

Whether you want the implants removed altogether or replaced with new ones, the degree of difficulty as well as the cost can depend on your age, the size of your implants and whether or not there has been any leakage of silicon.

"Even the best quality implants start to degrade eventually and it's not unusual to see women who have left them for far too long without having them checked," says Dr Stradwick. "If you've had implants for longer than seven years, see your doctor or surgeon who can order an ultrasound or MRI if necessary."

Your private health fund will usually help cover the cost of removing or replacing breast implants.



Botox

Botox regret is uncommon and the treatments only last two to 12 weeks anyway, says Dr Richardson. But it is possible to undo unfortunate effects like droopy eyelids and 'Spocked' eyebrows (a reference to Mr Spock from sci-fi series *Star Trek*). "Spocking eyebrows can be eliminated by strategically placing more injections at the site of increased muscle activity on the forehead," she says. "Lid droop may be improved by using a special prescription eye drop to help lift the lid."

WHERE TO GET HELP

There's an abundance of cosmetic practitioners out there, some more qualified and experienced than others. Finding a skilled and adequately certified professional could mean the difference between successful reversal and just making things worse. Here are a few resources to help with your research.

Australian Society of Plastic Surgeons
plasticsurgery.org.au
Society of Cosmetic Physicians
cosmeticphysicians.org.au
The Australasian College of Dermatologists dermcoll.asn.au
Australasian College of Aesthetic Medicine
aestheticmedicine.org.au



WHAT *gynaecologists* TELL THEIR FRIENDS

Leading reproductive and women's health experts share the insider knowledge that will make a difference to you. By Pip Harry

Ever wondered what your gynaecologist shares with his or her closest friends? They're the medical experts that take care of the female reproductive system. So if you're heading towards menopause and wondering whether you still need contraception, or have heavy periods but haven't been bold enough to seek a solution, these experts will have an answer for you.

Here, we ask leading gynaecologists Dr Gino Pecoraro and Dr Elizabeth Farrell at Jean Hailes for Women's Health for their insider knowledge.

You don't have to BE ON THE PILL FOR YEARS

I don't know why so many women just go on the Pill and stay on it forever when there are so many better things for contraception. Your body and circumstances change but women keep filling their Pill script when what they should say to their doctor is: 'I'm here to talk about contraception. What do you think best suits me?' There are many other options including LARCs – long-acting reversible contraceptive implants and IUDs – as well as vaginal rings and hormone injections, which might be a better fit for you. **– Dr Gino Pecoraro**

Fertility isn't FOREVER

Fertility can rapidly decrease after age 35 and women can't just say, 'When the time comes that I want to have a baby, I'll have IVF.' This has enabled millions of couples to have children, but it doesn't solve all problems. For example, some women go through their eggs much faster than other women and have low ovarian reserves.

Having a baby is time-sensitive so if you want to have a child, or children, you need to have the discussion as early as possible with your partner and you do need to make plans for it. **– GP**

You don't have to BE SCARED OF IUDs ANYMORE

IUDs got a bad reputation in the past when a faulty design caused infection and even death in some women, but intra-uterine implants are now safe and sophisticated.

The Mirena IUD is changing the face of gynaecology: it's got a small dose of the hormone progesterone, which makes your periods very light, and 20 to 50 per cent of women get no periods at all. It also helps with painful periods and it's 'set and forget', so you don't have to worry about remembering to take it. If you want to have a baby, fertility returns immediately once you take it out. **– GP**

Watch your mental health around PERIMENOPAUSE

Perimenopause begins several years before menopause when the ovaries start to make less oestrogen. In some women who have a predisposition to mental illness perimenopause can be a trigger for an episode, as your hormones are all over the place. It's so important to look after your mental health during that time.

Don't be shy to talk to your GP about a mental health plan if you don't feel right. Some signs to look out for include not enjoying activities you did previously, feelings of worthlessness, trouble sleeping and concentrating, or fatigue. **– Dr Elizabeth Farrell**

Don't put up with PAINFUL PERIODS

Your period shouldn't be a monthly ordeal. I can't believe what some women put up with. Periods shouldn't be so painful that they disrupt your life or so heavy that you're afraid to wear white. That's not normal. Men would not put up with that, I'm telling you! If you've got heavy or painful periods it could be endometriosis or even cancer,

Should I go and see my gynaecologist during my period?

NO

"It helps if you're not in the middle of a period when you go and see your gynaecologist," says Dr Pecararo. "It's not absolutely vital but I can't do Pap smears really well if you're bleeding." ▶



but it could be other things as well. Go get checked out.

There are a lot of things we can do including a blood count to exclude anaemia (which can be a culprit for heavy, painful periods), a thyroid test because an underactive thyroid gland can cause heavy periods, and a test to make sure your blood clots properly. A scan is also useful to exclude fibroids, and sometimes it may even see polyps, both of which can cause heavy periods. **– GP**

Safe sex IS FOR EVERYONE

Just because you're not fertile anymore doesn't mean you don't need protection. When women go into new relationships during menopause or post-menopause, they have to think about safe sex and using condoms. Women look at me aghast as if I'm crazy to suggest it. But there's been an increase in chlamydia and STIs in that age group and you need to protect yourself against disease. **– EF**

Keep using CONTRACEPTION

It's important to maintain contraception even during menopause to avoid pregnancy. Over 50 years of age you need to continue with contraception until 12 months after your final period – we say a woman has had her final period when she's not bled at all for 12 months. If you have your final period before the age of 50, then continue with contraception for two years afterwards. **– EF**

Let's talk ABOUT SEX

Don't be embarrassed to talk about sex. That's what we do. It's one of my standard lines of questioning and if you're going to see a gynaecologist, you should expect it. By the same token you can say, 'I don't feel comfortable talking about this,' and perhaps look for a different doctor. **– GP**

Sex should NEVER HURT

Bleeding after sex is never normal. If you have bleeding after sex you need to get it checked out. Even if your Pap smear is normal, if you experience bleeding after sex tell your doctor about it. The same applies if you have pain with intercourse. You could have endometriosis, scar tissue, cysts or any number of things. **– GP**

PMS is TREATABLE

I often get quizzed about PMS and how to manage it. There are studies that indicate taking calcium supplements – 1200mg a day – will work in 70 per cent of people to help relieve PMS. We're not exactly sure why it works, but it's certainly worth trying if you suffer symptoms like bloating, tiredness, irritability and sore breasts.

Another area that's being explored in severe PMS is to give women SSRI antidepressants. This raises serotonin, a chemical in the brain that's thought to be depleted during PMS. It has been shown to work very well for PMS, but you do need to consider that these drugs have other side effects.

Other natural remedies to consider include evening primrose oil and vitamin B6. **– GP**

3 easy ways to improve your gynaecological health

- ***Don't smoke.***
- ***Do aerobic exercise three times a week.*** Studies show it can help ease the symptoms of endometriosis, pelvic pain and PMT.
- ***Stay in a healthy weight range.*** If you are in a healthy weight range it helps with ovulation.

PHOTOGRAPHY CORBIS

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say GOODBYE to BACK PAIN

Could smoking or a knee injury be responsible for that niggling ache in your back? Here, Sarah Marinos discovers some back health facts that may surprise you

It's one of the most common reasons Australians visit their GP. Between 70 and 90 per cent of us experience back pain at some point due to postural problems, sports injuries, osteoarthritis, osteoporosis, increasing age, poor fitness or a job that puts pressure on the spine. Many of us already know the basics about what is – and isn't – good for our backs but, here, the experts reveal some unexpected causes of this common complaint.

BACK PAIN IS COMMON

In most cases back pain will pass or if it's ongoing there are things you can do to reduce its impact day-to-day. Knowing that there are things you can do to manage the pain can help, while worrying about it can make the problem worse.

"Pain is what your nervous system creates when it interprets information from your body and it can turn that pain up or down depending on how worried you are about it. So if someone is scared about back pain, that can make it worse," says Professor Paul Hodges from the University of Queensland School of Health and Rehabilitation Sciences.

So remember that back pain is common and that your GP and a back specialist can help

PHOTOGRAPHY CHRIS CRAYMER/TRUNKARCHIVE.COM/SNAPPER MEDIA

you and remove some of the fear around the problem.

DON'T BE TOO FIRM

The myth is that the firmer the mattress, the better it is for your back. But Spanish researchers found people were twice as likely to see back pain improve when they slept on a medium-firm mattress.

"Ideally, have a mattress with different pressure zones," says Dr Patrick Sim of the Chiropractors' Association of Australia. "You want your mattress to give way a little more under your hips and shoulders, but underneath your mid-back and chest you want it to be more supportive." Replace your mattress every 10 years, usually when it starts to sag in the middle.

QUIT FOR YOUR BACK'S SAKE

Smokers are three times more likely to develop chronic back pain, says Bogdan Petre from Northwestern University in the US. "We found smoking affects the way the brain responds to back pain and seems to make individuals less resilient to an episode of pain," says Petre.

Nicotine affects nutrients' ability to reach discs in the spine, meaning fewer nutrients are available to keep the discs strong, adds Dr John Tuffley, president of the Australian Orthopaedic Association. So smoking may speed up degeneration of the discs, which leads to back problems.

WATCH YOUR WEIGHT

The more weight you carry, the more force this puts on your spine. Dr Sim says that weight around the middle is worse because it changes your posture – you tend to lean back more, which puts pressure on the spine. Research found people with a body mass index in the obese category – a BMI of more than 30 – had a 35 per cent increased risk of 'high-intensity back pain'. Research also suggests even losing a little weight helps reduce pain.

CORE STRENGTH COUNTS

If you removed your spine and held it by the base, it would flop to one side. Our spine is held upright by muscles running adjacent to and attached to the spine. Stomach – or core – muscles are also important. "Your abdomen is like an airbag in front of your spine. If your tummy muscles are in good nick they squeeze the balloon, keep it taught and keep your spine steady," says Dr Tuffley.

Try this exercise to strengthen your core. Stand with your heels against a wall, flatten your back against the wall and contract the core muscles. Do this twice a day for a slow count of 10.

DON'T BE A WEEKEND WARRIOR

Being active is important to maintain strength in your spine – but build up your fitness gradually. "If you haven't done anything for weeks and then spend three weekends straight in the garden, you may injure yourself," says Dr Sim. "Walking is good as it tightens the lower abdominal muscles. Let your arms swing as you walk to encourage movement through the back so it is less likely to tighten up. We are designed to walk and the more we do the better off we will be."

KNEE AND ANKLE INJURIES CAN TAKE A TOLL

If you have osteoarthritis in your knee or a knee injury, or if you sprain an ankle, this can aggravate your back. "These things make you move differently and put a different load on your spine," says Professor Hodges. So if you have a knee or ankle problem be conscious of your back while you recover. Swim to build and maintain upper body strength, or try water aerobics as it supports your body while you move.

ASTHMA AND INCONTINENCE INCREASE THE RISK OF BACK PROBLEMS

If you suffer from incontinence you're more likely to have back pain because the pelvic floor muscles that control the bladder help support the back. "If someone has back pain they brace their trunk muscles to protect their back so it doesn't move as much, but this creates pressure in the bladder," says Professor Hodges. "It's similar for people with problems such as asthma. Coughing puts pressure on the trunk muscles and bladder, which puts pressure on the back."

BEAT THE BLUES

WONDERING WHAT HAPPENED TO YOUR GET-UP-AND-GO? LARRAINE SATHICQ REVEALS SOME SIMPLE STRATEGIES FOR GETTING YOUR PEP BACK

Are you feeling a bit flat, or just not your usual perky self? It could be that the problem is right under your nose, and the answer is as simple as making a few lifestyle tweaks.

Are you sleep-starved?

Sleep deprivation can make even the simplest of daily activities seem like a mammoth chore. And Professor David Hillman from the Sleep Health Foundation says many of us are skimping on either quality or quantity of sleep.

"If you're making do with six hours of sleep a night when you know you do better on seven or eight, you are living with a lesser version of yourself," he explains. "The part of your brain most sensitive to sleep loss is the area that modulates emotions. So what happens if you're sleep deprived is more irritability, less empathy and a situation where you just don't care as much."

When you improve your sleep you'll enjoy almost instant improvement in your mood, and you're likely to get more done during waking hours too, says Professor Hillman.

TRY THIS

TRAIN YOUR BRAIN
to see the bedroom as a place for sleep – so make sure that there are no bright lights, loud noise, television, social media, emails or text messages.

INITIATE A WIND-DOWN ROUTINE
at least 30 minutes before bedtime and if your thoughts often keep you awake at night, include 'worry time' to review the day and plan what's ahead tomorrow.

EXERCISE REGULARLY
and try to avoid alcohol and stimulants like caffeine and cola in the late afternoon and evenings.

MAKE SLEEP A PRIORITY
If the previous strategies fail to have you nodding off, see your doctor about booking in for a sleep study to rule out a sleep disorder.

PHOTOGRAPHY CLAIRE BENOIST/THELICENSINGPROJECT.COM/SNAPPER MEDIA / GETTY IMAGES



UNDER THE WEATHER?

The shorter days of winter can increase your chances of being deficient in vitamin D, and research shows vitamin D deficiency is linked to PMS and mood disorders including seasonal affective disorder (SAD) and depression.

While SAD is rare in Australia, it's not unheard of. Symptoms include lethargy, anxiety, depression, weight gain, sleeping too much and low libido.

TRY THIS

Ask your GP to check your vitamin D status every year and aim for a few minutes of sun exposure on your face and arms most days of the week.

This is easily achieved by spending part of your lunch break outdoors. ▶

Do you have premenstrual syndrome (PMS)?

If you often feel low just before your period, you may be suffering from PMS. You may experience mood swings, food cravings, loss of libido, memory lapses, sore breasts or acne. And you're more at risk if you're overweight or a smoker. Up to 30 per cent of women have severe PMS symptoms and will benefit from diet and lifestyle strategies or medical treatment.

TRY THIS

Try meditation, yoga or exercise to manage stress. Also, quitting smoking and losing excess weight is important. Avoid caffeine and alcohol in the two weeks before your period. Some women also find relief using the herbal remedy *Vitex agnus-castus*, also known as chasteberry, which is found in remedies such as:

- **Flordis Premular, $19.95 for 30 tablets.**
- **Fusion Health Vitex, $17.95 for 30 tablets.**
- **Thompsons One-A-Day Vitex 1000, $24.95 for 60 capsules.**

DITCHED THE GYM AGAIN?

Good intentions to exercise can easily slide when you're busy, but avoiding exercise could trigger a vicious cycle of inactivity and low mood, says clinical psychologist Dr Jacinta Thomson, from the Black Dog Institute.

"Unfortunately, the less activity we do, the more lethargic and useless we feel. This in turn makes us feel worse and even less likely to get up and moving," she says. "The energising effect of exercise is such that even 20 minutes of low-to-moderate exercise on at least three days of the week can significantly improve energy levels and reduce fatigue. Exercise can also boost endorphins in the brain, which can have a mood-lifting effect, and increases blood flow to muscle tissues, increasing oxygen flow and producing more energy."

TRY THIS

Schedule exercise in your diary so it becomes a non-negotiable priority. Digital activity trackers and pedometers can help you stay motivated, says Dr Thomson, who says to aim for 10,000 steps a day. Try one of these gadgets:

- **G-Sensor 2026 Accelerometer pedometer, $35.**
- **Yamax 10,000 Steps DW150 pedometer, $19.**
- **Fitbit Flex activity tracker, $129.95.**
- **Garmin Vivofit 2 activity tracker, $139.**

COULD IT BE YOUR DIET?

If you've recently changed your diet to improve your health, that might explain that low mood you're feeling.

"Fasting diets are popular at the moment but some people find this type of eating plan makes them feel worse," says clinical and sports dietitian Gabrielle Maston. "Diets high in protein and fat but too low in carbs can leave you feeling foggy and lethargic because carbs provide energy faster and they're the main source of fuel for the brain. This happens to some people on the Paleo diet, especially if they do a lot of exercise and they don't eat enough sweet potato or fruit to fuel their heightened energy needs."

Regularly skipping meals and having too much sugar, processed foods, refined carbs and alcohol can also make you feel sluggish, listless and even depressed, says Maston.

TRY THIS

Dose up on foods rich in tryptophan, an essential amino acid that boosts levels of the happy hormone serotonin. Try bananas and cottage cheese. Add some oily fish and eggs for the omega-3s to further boost your mood.



ALWAYS CONSULT YOUR HEALTH PRACTITIONER BEFORE TAKING ANY HERBS AND, IF TAKING PRESCRIBED MEDICINES, SEEK PROFESSIONAL ADVICE FIRST

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Reference: 1.Schellenberg, et al. *Evidence-Based Complementary and Alternative Medicine* 2012. doi: 10.1155/2012/260301. Sponsored by Max Zeller Söhne AG manufacturers of Femular. CHC70608-05/15

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Your Thyroid

It's a small butterfly-shaped gland at the base of the neck and it can have a dramatic impact on a huge number of bodily functions. Here, Sarah Marinos asks an expert some key questions about our thyroid

A small gland with a big impact, our thyroid is responsible for producing essential hormones that help our brain, heart and muscles to work effectively. It also helps our bodies use energy and controls our metabolism.

There are two main thyroid problems that can occur: hyperthyroidism, when the thyroid is overactive and produces excess thyroid hormones; and hypothyroidism, when it's underactive and doesn't produce enough thyroid hormones.

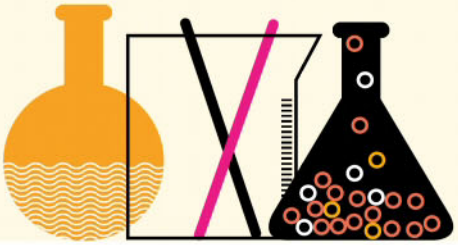
With one in seven Australians diagnosed with thyroid disease during their lifetime, it's important to seek advice from a health professional if you have a family history or experience any symptoms. Tests to check your nutritional status, and changes to diet and exercise may be recommended.

Here, Dr Jennifer Wong, an endocrinologist at Monash Health and research fellow at Jean Hailes for Women's Health, answers some important questions about the thyroid.

WHAT IS HYPERTHYROIDISM?

Q. WHAT ARE THE SIGNS?

A This condition mostly occurs in women in their 20s and 30s. The signs and symptoms of an overactive thyroid are palpitations, weight loss, diarrhoea, feeling hot and sweaty and irregular periods. The condition is most often triggered by an autoimmune condition – most notably Graves' disease. We don't know why this occurs in some people, but the body starts to produce antibodies that over-stimulate the thyroid.

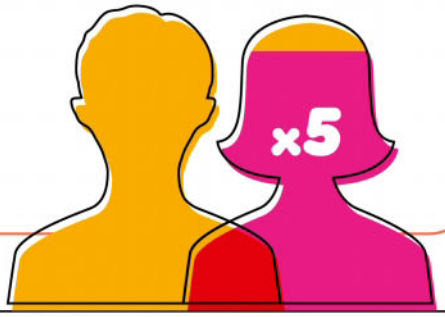


Q. WHAT IS THE BEST TREATMENT?

A People with hyperthyroidism generally **HAVE TO TAKE MEDICATION,** usually anti-thyroid tablets, for about 18 months. Medication is safe and interferes with the thyroid's ability to use iodine – the thyroid gland relies on iodine to make thyroid hormones. **RADIOIODINE THERAPY** may be needed in some cases. Radioactive iodine is taken as a drink and targets and kills the overactive cells in the thyroid. The iodine is then passed out of the body in urine, with no reported side effects. One dose is usually enough but sometimes a second or third treatment is necessary. **SURGERY TO REMOVE THE THYROID GLAND MAY BE REQUIRED IN SEVERE CASES** – but the removal of the thyroid can then lead to hypothyroidism.

Q. ARE WOMEN MORE LIKELY TO HAVE THYROID PROBLEMS THAN MEN, AND WHY?

A Women are five times more likely than men to experience a thyroid condition, probably because women are more prone to getting autoimmune conditions that can affect thyroid function.

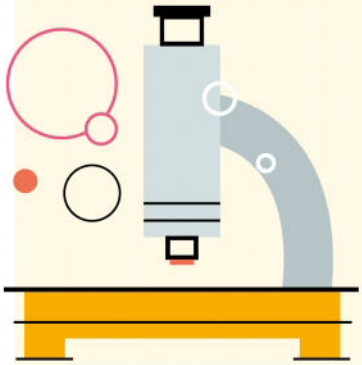


ILLUSTRATIONS EDEN ABAGI

WHAT IS HYPOTHYROIDISM?

Q. WHAT ARE THE SYMPTOMS?

A This condition is more common in people from the **AGE OF ABOUT 50 ONWARDS AND IT AFFECTS ABOUT SIX TO 10 PER CENT OF WOMEN OVER THE AGE OF 65.** Again it's often due to an autoimmune problem – most commonly Hashimoto's disease where antibodies in the immune system destroy the thyroid gland so it stops producing hormones. The main signs of hypothyroidism are constipation, weight gain, depression and feeling cold, and women can find their periods become heavier. Some women start to lose their hair and their skin becomes dry. Thyroxine tablets replace lost thyroid hormones and usually have to be taken for life.



Q. WHAT ELSE CAN CAUSE HYPOTHYROIDISM?

A The thyroid needs iodine to help manufacture thyroid hormones. In Australia we've become mildly to moderately iodine deficient because we use less iodised salt in our food and we don't eat many iodine-rich foods such as seafood or kelp.



Iodine is no longer in our milk supply either because the practice of washing milking equipment in a disinfectant solution containing iodine no longer takes place.

Q. HOW DO YOU KNOW IF YOU ARE IODINE DEFICIENT?

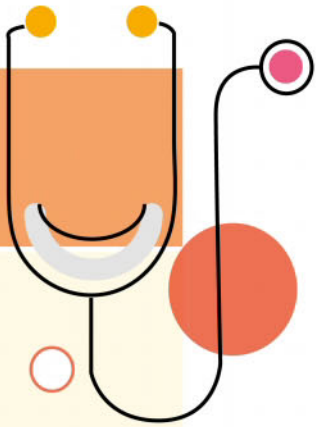
A You won't be able to tell unless you have an iodine urinary excretion test to see how much iodine you are excreting. If you don't eat much seafood or iodised salt, check with your GP whether you should have a daily iodine supplement. Some multivitamins also contain iodine.

Q. HOW MUCH IODINE SHOULD I HAVE EACH DAY?

A The daily recommendation of iodine for women is about 150mcg a day and about 100mcg for men. Children need about 120mcg daily. Pregnant women need 250mcg per day and should take an iodine supplement to meet this requirement as iodine deficiency can affect development of the baby's brain.



Q. HOW CAN YOU CHECK FOR THYROID DISEASE?



A **YOU'LL NEED TO HAVE A THYROID FUNCTION TEST, WHICH IS A SIMPLE BLOOD TEST.** The most important reasons to have a thyroid function test are if you are a woman contemplating pregnancy and if you have a strong family history of thyroid problems. **IF YOU HAVE ANY SIGNS OR SYMPTOMS THAT SUGGEST AN OVERACTIVE OR UNDERACTIVE THYROID, DISCUSS HAVING A THYROID TEST WITH YOUR GP.**

Q. WHAT IS A GOITRE?

A A goitre is a swelling of the thyroid gland, and is a sign that something may be wrong with the thyroid. It can occur with both hyperthyroidism or hypothyroidism. If you notice a swelling in the lower part of your neck, consult your doctor for advice.

Q. IS THERE ANYTHING WE CAN DO TO KEEP OUR THYROID HEALTHY?

A Yes, you can speak to your doctor about having your iodine levels checked. Also ensure you are eating foods that are good sources of **SELENIUM, VITAMIN A AND IRON AS DEFICIENCIES IN THESE MAY ALSO LEAD TO THE DEVELOPMENT OF GOITRE.**

10 QUESTIONS *for a* better relationship

If your relationship is simply so-so, how can you make it stronger? The experts pinpoint some important questions you need to ask. By Sarah Marinos

Asking yourself, or your partner, the right kind of questions can highlight issues in your relationship. And the sooner differing views and potential conflicts are identified, the happier and more peaceful life can be.

"Sometimes it may make us uncomfortable but good can come out of asking questions that start a conversation," says Lindsay Tighe, an executive coach and creator of betterquestions.com.au, a website that encourages people to ask questions to improve different aspects of their lives. Asking the right questions can help you identify what needs to change in a relationship.

So what questions should you ask yourself?

WHAT DO I APPRECIATE ABOUT OUR RELATIONSHIP?

"Often we focus on what the other person isn't doing, or the type of person we think they are. So asking yourself what you like about your partner and relationship is a good starting point," says Fiona Bennett, counsellor at Relationships Australia WA. "If we hit a bumpy patch we have nothing to fall back on if we don't have that awareness. It can be appreciating small things they do, or how you pull together in tough times. Questions need to be a point of connection."



What aspects of the relationship need to change, and what would my partner say about this?

Think about changes in your relationship from your partner's perspective, too. It can be a reality check, says Tighe. Actually naming what you'd like to do differently in your relationship can remove some of the anxiety of making changes too, she says.

"People also don't think about what they could change for the better in their relationship when there isn't much wrong," adds Tighe. "But that's the time to discuss your ideal vision and what that looks like for you and your partner." ▶

PHOTOGRAPHY STEPHANIE RAUSSER/TRUNKARCHIVE.COM/SNAPPER MEDIA / CORBIS / GETTY IMAGES





WHAT DO I NEED TO WORK ON?

Over time it's easy to take a relationship and a partner for granted. "Do you treat your partner with respect?" asks Dr Mandy Deeks, a psychologist at Jean Hailes for Women's Health. "Do you say goodbye when you leave home? Do you spend time with each other?" Think about what you could do to improve the quality of your relationship. Then understand your partner's perspective on plans and problems and ask them to tell you more about that, because your curiosity shows you care, says Dr Deeks.

Who has an ideal relationship and what can I learn from them?

This question is for you and your partner and it can help you get out of your rut. "Think of role models who, in your eyes, are doing things well. Think about what they do in their relationship and how they make it work. What are their strategies?" says Tighe. "It may be friends or your parents. Ask them for advice, or think about what they would do in a certain situation."

What do you need from me in this relationship?

This is a question to ask your partner, no matter how well you think you understand them. It helps you think of your relationship as a third person – as something you are looking after and care about, says Bennett. "It's not just about bringing each other a cup of tea in bed, it's about offering support when one of you is stressed, for example," she says. "This question lets your partner know that you care about what you have. Otherwise you can start to feel like a slave and that creates resentment. If you feel you are doing something for your relationship, it can give meaning to what you do."

IF I DEMONSTRATED THAT I VALUE THIS RELATIONSHIP, WHAT WOULD I DO DIFFERENTLY?

It's easy to drift but if you are serious about keeping a relationship healthy, show your partner that you value the relationship. So ask yourself if there are things you could do differently to demonstrate the importance you place on being with your partner. Could you spend more time together, share new interests together or fight less? "What time and effort do you put into making the relationship feel special?" asks Tighe.



What will happen if nothing changes?

This is a question for you. Often we need a catalyst or a reason to make changes. This question may cause a little pain but without pain there is no gain, says Tighe. "Think about how you will continue to feel if your relationship doesn't change. If you don't want to feel that way, you have to do something about it," she explains. "Think about the worst-case scenarios so you have some motivation to change."



What can I do to help my partner understand me better?



Often we think people are mind readers. "If you want a person to respond to you the best way they can, you have to articulate your world and your needs and values," says Tighe. "The clearer you are, the more your partner has the opportunity to respond considerately. Think about what you want your partner to know about you and how to communicate that to them. But do it in a calm space – not in the middle of a heated argument."

Who am I? And who are 'we'?

This is a question to ask yourself and your partner. Do you have an identity in your relationship, or is your relationship your identity? One partner may be more dominant so then you may start to feel that you and your needs are at the bottom of the pile.

"If you've always done what someone else wants you to do then you can get niggly and angry," says Dr Deeks. "Think about who you are as a couple, think about your role in the relationship and what you'd like it to be, talk to your partner about this, listen and work out the 'I' and 'we' together."

HOW DO YOU COMMUNICATE?



Ask yourself if you communicate through anger? Do you start every sentence with 'you drive me crazy' or 'you don't understand me'? Or do you say 'I know you are stressed, I know you are busy and I know it's hard to find the time, but I really need you to listen'.

"Find a way to communicate that is respectful and do it in a kind way and you are likely to have a more successful relationship," says Dr Deeks. "When communicating, treat each other as you would a friend, expect respect and use 'I' statements, not 'you' statements. And pick your moment!"

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Saying 'NO' is good for you

FEEL EMPOWERED BY USING THE WORD 'NO' MORE OFTEN. IT'S AN IMPORTANT LIFE SKILL, DISCOVERS ANGELA BARRETT

Two little letters. One little word. But why do we still find it so hard to say 'no'?

Whether it's saying 'no' to an old friend who wants to borrow money again, to your co-worker who wants you to cover her shifts, or your teenager begging you for yet another pair of ludicrously expensive skinny jeans, why is it so hard to say 'no'?

"The inability to say 'no' is a common problem for males and females of all ages," says Dr Louise M Blundell, a clinical psychologist from Brisbane. "I've seen many adults who haven't learned the art of saying 'no'. It's not something we teach in our schools or our homes, yet it's an important life skill."

As children our parents expect us to do what we're told, even if we don't want to. While this is a reasonable parental expectation, it can mean we learn that it's not okay to say 'no'. "That's fine if it relates to, say, making your bed, but in other situations and into adulthood this might not be so good," says Dr Blundell.

For many people it's a revelation that you can say 'no'. "A lot of us were brought up to think it's more important to be polite and not offend someone by saying 'no', rather than voicing your actual preference," says Dr Blundell.

"This leaves you in a disempowering position of putting others' feelings before your own, which can lead to making poor choices in life and relationships."

PHOTOGRAPHY GALLERY STOCK

WHY SHOULD YOU SAY 'NO'?

1 YOU'LL BUILD SELF-RESPECT AND CONFIDENCE.
When you say 'no', you're demonstrating to yourself that you value yourself, your desires and time and that you're capable of making your own choices and taking a stand when necessary.

2 YOU'LL FEEL EMPOWERED.
You're actually choosing that option, for example, not to loan your friend money, rather than saying 'yes' out of obligation or to keep someone else happy.

3 YOUR RELATIONSHIPS WILL BENEFIT.
When you can comfortably and respectfully say 'no', those around you know where you stand. "Saying 'no' gives others a greater sense of respect for you and trust in you because they know you say what you're really thinking," says Dr Blundell.

4 YOU'RE CARING FOR YOURSELF.
Life coach Cheryl Richardson, author of *The Art of Extreme Self-Care*, says saying 'no' is an act of self-care that combats the feelings of deprivation, exhaustion, resentment and anger that come with saying 'yes' too often and putting yourself way down on your list of priorities.

5 YOU'LL DEVELOP INNER PEACE.
Saying 'yes' when you mean 'no' can lead to resentment if you're repeatedly doing things you don't want to do. The notion of self-care might seem selfish or self-centred but, paradoxically, by giving more to yourself you'll have more to give to others.

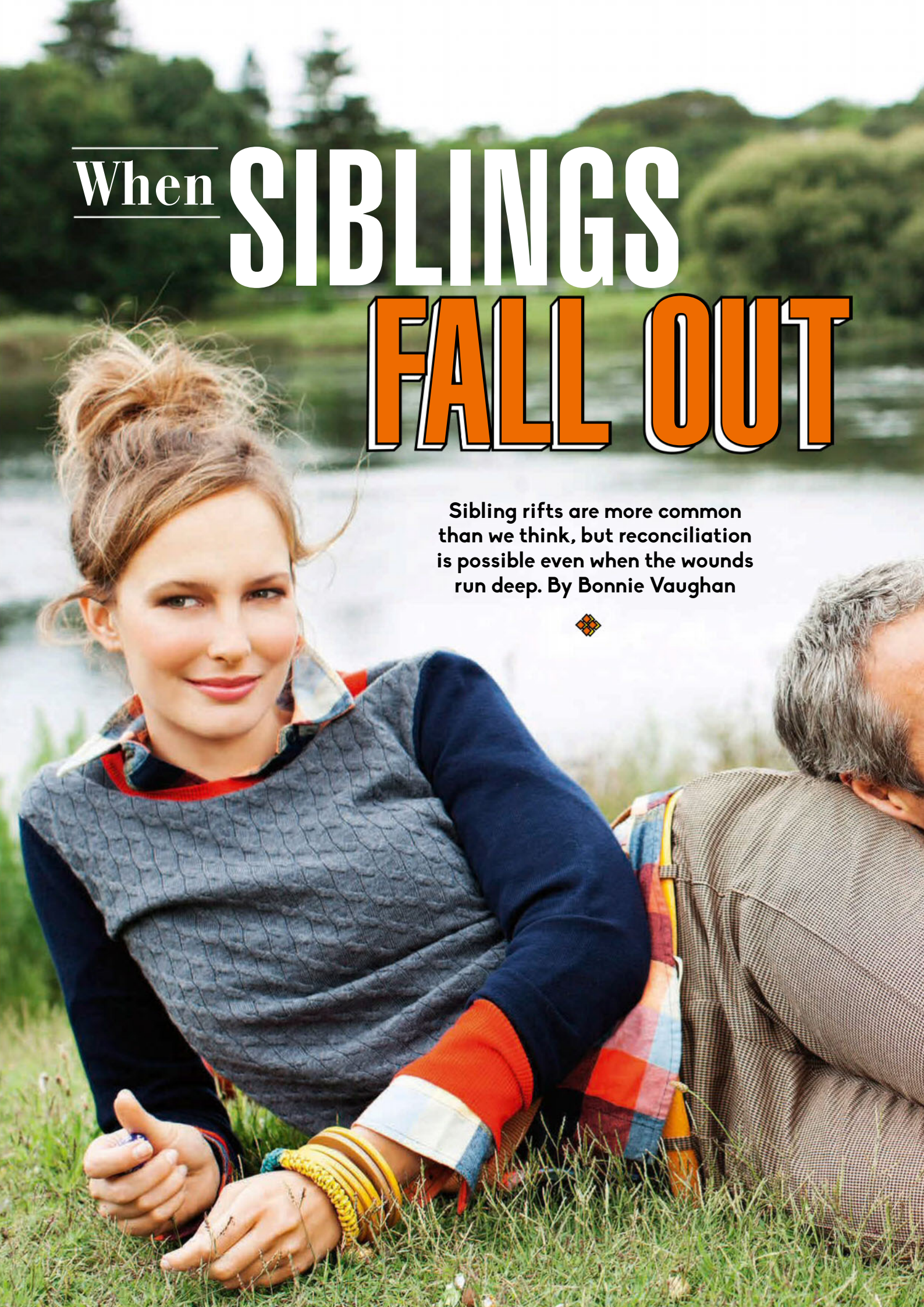
6 YOU'RE HONOURING YOUR VALUES.
Your values are your deepest beliefs about what's important in life. "Saying 'no' to things that aren't aligned with your values is fundamental to your happiness, confidence and self-worth," says mindfulness teacher Kate James, author of *Believe in Yourself & Do What You Love*. "This might mean saying 'no' to a way of life, a job, a relationship, drinking alcohol – having that honest, internal conversation with yourself, 'This is not what I want.'"

7 IT KEEPS YOU SAFE.
By saying 'no' you're communicating your boundaries about what feels safe for you and what doesn't. "If something doesn't feel right, we need to be able to say 'no'," says Dr Blundell.

How to say 'no'

It can be nerve-racking at first but saying 'no' will get easier with practice. Dr Blundell's tips will help you get started.

- SIMPLY SAY 'NO' OR 'I'M SORRY BUT NO.' You could add, 'I'm not able to…', or 'I don't want to…'
- YOU DON'T HAVE TO EXPLAIN YOURSELF unless you really want to. If pressed for an explanation, simply say or repeat, 'I just don't want to.'
- IF YOU'RE SOMEONE WHO SAYS 'YES' AND REGRETS IT LATER, contact the person and say, 'I know I said 'yes' earlier but I've thought about it a bit more and I'm sorry but I'm not able to…'
- SAYING, 'CAN I GET BACK TO YOU? I'd like to think about it before committing' can be helpful when you're first learning to say 'no'.
- PRACTISE WITH A FRIEND, in the mirror or in your imagination. First say a simple 'no' with no reasons or apologies. Then keep repeating it with anything you'd like to add. Say it louder and more assertively each time until it feels really comfortable.
- USE THE BROKEN RECORD TECHNIQUE. Acknowledge what the other person is saying then repeat your stance. For example, 'I understand that you'd really like me to… but no, I'm not interested'. If they keep trying to coerce or guilt you into saying 'yes', keep repeating this in a calm way.
- IF YOU FEEL GUILTY SAYING 'NO' – which is normal when you start speaking up for yourself – remind yourself: I haven't done anything wrong by saying 'no'; nobody is going to die because I said 'no'; and everyone, including me, has a right to say 'no' without feeling guilty.



When SIBLINGS FALL OUT

Sibling rifts are more common than we think, but reconciliation is possible even when the wounds run deep. By Bonnie Vaughan



In a perfect world, your sister or brother would be your best friend. You have so much in common with them: the same parents, growing up in the same house and sharing the same childhood memories. It's through your siblings that you learned some of life's most basic skills such as how to reason, negotiate, compromise and share. No-one knows you better than they do, and no-one will be in your life as long as they will.

But what happens when that relationship falls apart? Falling out with a sibling can cause more pain and grief than losing a good friend or even breaking up with a romantic partner.

So what causes adult sibling conflict, and what can you do about it if it happens to you? Here, the experts share their insights. ▶

WHAT CAUSES SIBLING RIFTS?

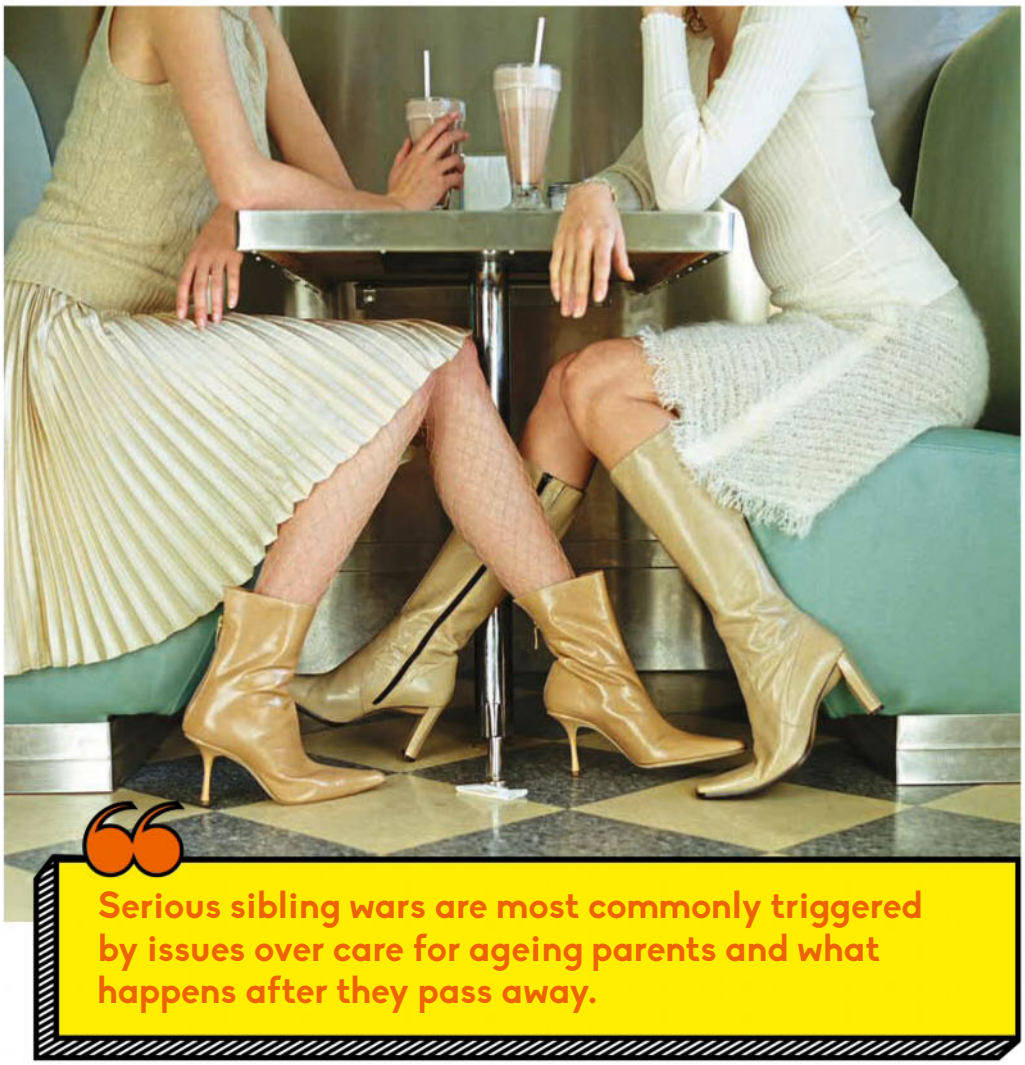
Adult sibling rifts are more common than you realise, and they can happen for all kinds of reasons. Maybe you weren't all that close as kids so by the time you grow up and start leading your own life you don't really crave their company. It's possible you always had a combative relationship so it's a relief when you're no longer bound together by the family home. Or perhaps, despite a long and close relationship, your sibling chooses a partner that the whole family disapproves of and ends up cutting off all ties. Religion or politics can drive deep wedges between siblings; so too can addictions or dubious lifestyle choices.

But serious sibling wars are most commonly triggered by issues over care for ageing parents and what happens after they pass away. It's an emotional time when siblings who had been amicable for years can suddenly turn on each other with anger, or those who have drifted apart or haven't spoken for decades are thrown back together, and old wounds you thought had long since healed are torn open all over again.

"When our parents are ageing it brings up some very old, deep feelings that we haven't experienced for a long time – perhaps since adolescence," says Francine Russo, author of *They're Your Parents, Too!*. "It brings you into greater contact with your parent, and also into intimacy and important decision-making with your siblings."

You might find yourselves at complete odds about whether Mum should move into a nursing home, or who is spending more time caring for Dad. When you start dealing with assets and wills, legal and financial issues can develop, which can lead to power struggles and bitterness about who's in control and the decisions that sibling is making.

But the one constant in any of the scenarios is that the conflict now coming to the surface is rooted way back in the past and is linked to the emotions and insecurities you had in the family when you were growing up.



Serious sibling wars are most commonly triggered by issues over care for ageing parents and what happens after they pass away.

WHAT YOUR CHILDHOOD HAS TO DO WITH IT

"When the emotional temperature between adult siblings gets high, it's usually a sign you're arguing about which of you Mum or Dad loved best and which of you is the most important to them now," says Russo. "Those are the unconscious feelings being played out. When a parent becomes ill or passes away, middle-aged siblings are forced to re-enter the house of childhood, which contains all the things you learned growing up as a family – such as the roles you played and the way you learned how to communicate and to deal with conflict. So you and your sibling are now having a very intensive interaction that hasn't occurred since you were all together as a family, and no matter how you might behave in the rest of your lives you instantly slip back into the roles you had growing up."

Those roles can be determined by any number of factors: the number of siblings in your family, where you fall in the birth order, the gender mix, whether or not you are close in age, and each of your individual temperaments.

And there's virtually nothing you can do about those factors, says John Pickering, from the University of Queensland's School of Psychology. "You can't choose the number of siblings you have, or the age gap," he says. "You can't dictate what your sibling's temperament is like. The only modifiable factor is how you were parented."

PHOTOGRAPHY GETTY IMAGES / BAUERSYNDICATION.COM.AU

THE TRUTH ABOUT SIBLING RIVALRIES

It's perfectly normal for children to compete for their parents' love – it's the way we're wired as human beings. How our parents deal with this, whether on a conscious or unconscious level, can shape our self-image for the rest of our lives.

"A parent's inclination is to say they loved everybody the same," says Pickering, "but when you drill deep down they usually got along better with one or more of the siblings compared to others – and that can be influenced by that child's disposition."

Studies show that childhood sibling rivalries over perceptions of favouritism have a profound emotional impact that can translate later in life into chronic depression and low self-esteem. Putting those siblings back into that 'house of childhood' is like throwing a box of dynamite onto a bonfire.

TAKING STEPS TOWARDS RECONCILIATION

If you find yourself in conflict with your sibling, one of the first steps you should take is to reflect on where it's coming from.

"We're all carrying memories of what our childhood roles look like and those stories can become quite distorted," says David Cutler, a counsellor at Relationships Australia. "You can get caught up in negative ideas and memories such as, 'Mum loved you best' or 'Dad praised you more'.

"Ask yourself what stories you have around your family and look at them mindfully. Dig deep and see if you can spin them around, because behind the negative feelings you might find some traits about your sibling you actually admire."

Taking ownership of your feelings towards your siblings can help take the sting out of any anger or hurt you're harbouring towards them.

On the other hand, if you're on the receiving end of a sibling's bitterness you may need to be the one who steps up. "Sit down with them and say, 'I understand how you feel and maybe I was the favourite, and it's not fair, but I was not the parent. I care about you and sympathise with you, and I don't want us to be at odds,'" suggests Russo.

It's important to avoid pointing fingers. "Instead of using accusing language like 'you always' and 'you never', learn to put your feelings into the first person," advises Cutler. "Say, 'I'm feeling quite conflicted and sad about our relationship and I would really like to talk about it.' Ask them to listen to what you're saying and agree not to get defensive with each other so you can talk it through."

WHEN RECONCILIATION IS IMPOSSIBLE

Some sibling rifts can never be repaired. First of all, both parties have to want to make it work. You may even be dealing with a toxic relationship in which any contact causes you emotional and psychological harm. That's when you need to learn to let go.

"Look at the reality of who your family was," says Russo. "What is the relationship between you and your sibling really like? Can it ever be what you wish it could be? The chances are that if it never was a great relationship, it never will be. Accepting that can be very painful, but it can bring a great deal of relief."

"Dealing with conflict is one of the most difficult things we face in life," says Cutler. "Not everything can be resolved. There's always going to be sadness and some grief around a decision to let a sibling go. But that doesn't mean you made the wrong decision; it's just the reality. The emotions will come, so acknowledge, accept and move on."



YOUR KIDS and BODY IMAGE

How do psychologists and parenting experts help their own children develop a healthy body image? They reveal all to Angela Barrett



A healthy body image is something that can set children up to have a good relationship with themselves and with food for life. But how do you help your children develop a positive attitude towards their body? We asked the experts what they do with their kids.



BE A HEALTHY ROLE MODEL

Dr Sloane Madden, president of the Australia & New Zealand Academy for Eating Disorders.

"I have three daughters aged seven, 12 and 15. Working with people affected by eating disorders makes me mindful of how appearance, food and eating are discussed in our house. My wife and I are careful about how we talk about our own health, weight and appearance and we focus on all aspects of our daughters' achievements.

We don't label foods 'good' or 'bad' and we eat at the table as a family at dinner, most breakfasts and lunch on weekends. We do this to spend time together and so that food and eating are normal, happy parts of our day, not something to be anxious about.

While we worry about the pressures our daughters face from peers and ubiquitous sexualised images, we try to mitigate this by helping them understand how society promotes unrealistic body images. We support and monitor their use of social media and the internet so that we're aware of what they're looking at and can discuss concerning issues."



Praise kids for what they have control over

Dr Joann Lukins, psychologist, Townsville, Qld.

"I specialise in health and sports psychology and see clients with anorexia, bulimia and obesity. I have two sons aged 10 and 12. At home we emphasise good health, positive choices and good hygiene. We talk about health and the importance of fuelling our bodies properly. We try to emphasise the aspects of a child's health that they can control, not things they have little or no say in. We don't talk about what they look like, but praise them for things they have control over, like what they eat and drink."

PHOTOGRAPHY GETTY IMAGES



TALK ABOUT WHAT THEY SEE

Drazenka Floyd, psychologist, Sydney, NSW.

"I work in the area of eating disorders and body image and have two sons, aged 14 and 16.

Children can be particularly vulnerable to body image issues around puberty when they are forming their identities and want to fit in. To combat this we encourage our boys' interest in a variety of activities that make them feel good so they develop a healthy sense of self and are not reliant on how they look.

Something that impacts greatly on a child's body image, self-esteem and sexuality is exposure to adult sexual images. These are everywhere in television, film, magazines, video games, music videos and advertising. Females are often depicted as passive sexual objects while male sexuality is portrayed as aggressive and strong. This can engender unhealthy attitudes and beliefs in young people.

I educate my sons at every opportunity about media literacy and help them critically analyse what they see. This helps them develop a better understanding that what they're seeing is often not reality. This reduces the chance they'll internalise the sexualised messaging, so it's less likely to affect their sense of self-worth."



START THE CONVERSATION EARLY

Dr Zali Yager, body image researcher, Victoria University, Vic.



"I specialise in the development of programs that promote positive body image in school settings. My children are young – my son is two and my twin girls are two months old – but it's never too early to start encouraging healthy body image attitudes. We do this by appreciating the diversity of bodies and not talking about what our bodies look like.

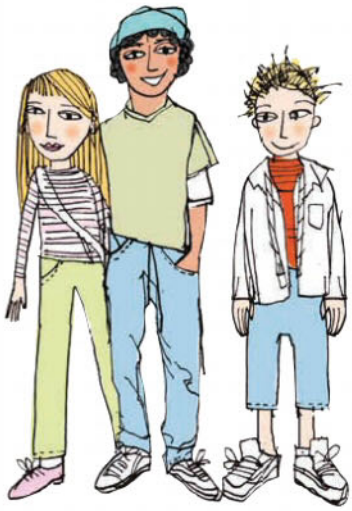
There are some fabulous children's books about appreciating diversity, such as *Shapesville*, by Andy Mills, and *Bugs in a Blanket* by Beatrice Alemagna.

Your Body is Brilliant, by Sigrun Danielsdottir, is a great book that is designed to encourage young children to appreciate their body for what it does for them."



Love them unconditionally

Christie Lomas, clinical psychologist, BodyMatters Australasia.



"Instilling a positive body image isn't about having one conversation with your children, it's about what you do and say every day.

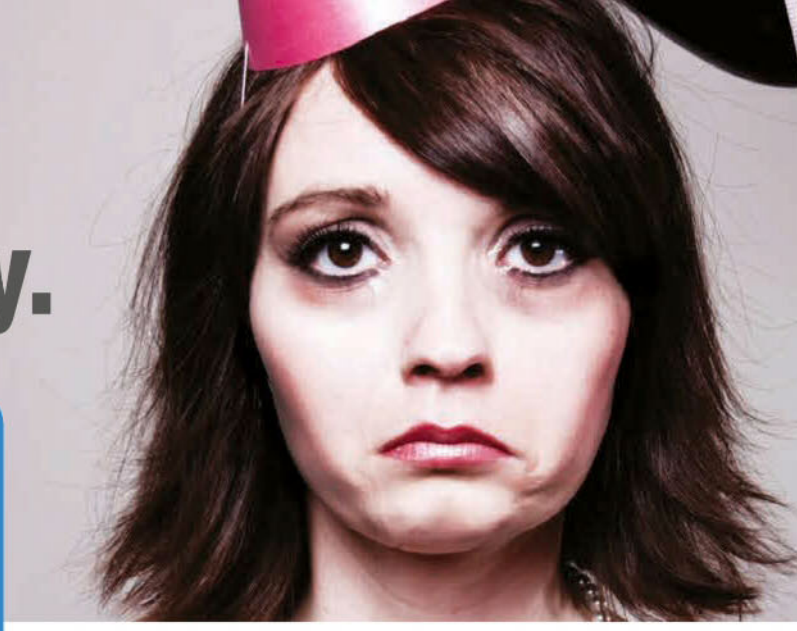
I have an 11-year-old daughter and nine-year-old son. We talk about how people come in all sorts of colours, shapes and sizes. We aim to give our children the message that we love them unconditionally, inside and out, and that there's much more to them than their appearance. We don't avoid commenting on their appearance, but make sure we praise them for kindness, clever thinking, being a good friend and their abilities.

Children of both genders need an awareness of how the media can influence how we feel about our bodies, so we look for everyday opportunities to discuss this, like when we're flicking through magazines or watching TV.

We talk about the dangers of dieting and about how pictures of models are altered: thighs are reduced or smoothed out and breasts are augmented to make them appear so-called 'perfect'.

No child is immune to body image issues, but helping them develop an awareness of the influence of the media can help prevent them."

Another year older. yay.



Unless you're seven years old, the prospect of another birthday is not something most of us get too excited about.

It's not just concern over furrowed brows and sagging skin, but other functional changes that can come as part and parcel of the ageing process.

Why can't we stay young forever, anyway?

Plump, smooth, firm skin is the result of collagen and elastin being flexible and allowing moisture to be maintained. Similarly in blood vessel walls, collagen helps to keep these flexible and healthy.

According to the cross-linking theory of ageing, over time proteins (such as collagen and elastin) bind together making tissue more rigid and less flexible. This causes sagging and wrinkles in the skin.

The free radical theory of ageing ascertains that free radicals that we encounter daily in our environment (from pollution, chemicals etc.) cause chain reactions of damage at a cellular level. Antioxidants may help minimise free radical damage.

Powerful support

As we age, it's nice to have some solid support on our side.

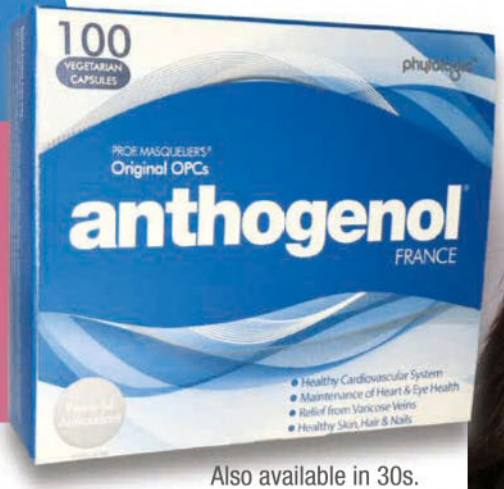
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Simple lifestyle tweaks can help you shed the kilos

RED ENERGY
Boost the health benefits of the humble tomato

6 FOODS THAT FILL YOU UP
These nutritious foods will keep you satisfied too

THE SMART WAY TO EAT
10 tips to help you get more out of your food

SOUPER STARS!
Warm up with these delicious ready-to-eat soups

FAST FARE
Fresh and tasty dishes, ready in minutes!

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EASY



weight-loss STRATEGIES

Shedding kilos doesn't have to mean going hungry or slogging it out in the gym. You just need to finetune your everyday habits

Do you feel like you're on a constant diet?

Or perhaps you're struggling to maintain that magic goal weight you've achieved? We have news: it doesn't have to be so hard. The latest research shows that ditching the diet and making a few small changes to your lifestyle can make losing weight feel easier. Here, we reveal 11 science-backed tweaks to try.



WALK IT OUT

When those 3pm cravings strike, step away from the biscuit jar and go for walk. UK research shows that a brisk 15-minute walk can decrease chocolate cravings by 12 per cent. Make it work: Put a daily reminder in your calendar to stretch your legs regularly and use your lunch break to go outside. If you haven't got 15 minutes to spare, walk to the water cooler and drink two glasses of water instead.



KEEP H_2O ON HAND

A US STUDY SHOWS THAT BY DRINKING 500ML OF WATER BEFORE A MEAL YOU COULD CONSUME 380KJ LESS THAN IF YOU DON'T DRINK WATER. YOU MAY ALSO LOSE 2.5KG MORE IN THE LONG RUN.
MAKE IT WORK: KEEP A WATER BOTTLE IN YOUR BAG AND ON YOUR DESK TO COMBAT SNACK CRAVINGS WHEN THEY STRIKE.

100 IS THE MAGIC NUMBER

On average, Australians put on half a kilogram every year. You can avoid this by cutting just 100 calories (418kJ) from each meal, shows a study from the US's University of Colorado. Dietitian Maria Packard says by removing one food habit you won't feel deprived. **Make it work:** Try cutting out that afternoon sweet treat or scratch the cheese and crackers before dinner.

ENJOY YOUR WINE

Women who drink two glasses of red wine each night are less likely to gain weight than those who don't, a study shows. There's no need to start drinking if you don't, but nutritionist Leanne Cooper explains that if you drink sensibly you may be more responsible and practise moderation when it comes to your overall health.



EAT FROM THE SEA

The omega-3s found in oily fish such as salmon and sardines could benefit your waistline. A Newcastle University study shows that overweight people who eat fish every day as part of a reduced-kilojoule diet can lose 20 per cent more than those who don't eat any fish. "An eating plan high in omega-3s is easier for many people to follow than traditional low-fat diets," says Packard. ▸

FAST-TRACK YOUR RESULTS

A slow and steady approach may not work for everyone because seeing fast results can motivate you to keep going. A US study shows dropping kilos quickly can help you lose more weight overall, and keep it off for longer. Associate Professor Tim Gill of the Boden Institute at the University of Sydney explains: "Those who initially lose weight quickly generate physiological or psychological changes that assist them to continue their weight-loss program."

FOCUS ON SHORT-TERM HEALTH GAINS

The long-term health consequences of obesity can seem scary, but a US study suggests concentrating on how you can benefit right now is a better way to motivate yourself. A weight-loss goal of five to 10 per cent of your body weight can help you sleep better, reduce back pain and improve your breathing.



DO IT FOR YOURSELF!

YOU'RE MORE LIKELY TO SUCCEED IF YOU WANT TO LOSE WEIGHT FOR YOUR OWN SATISFACTION, SHOWS A US STUDY. BUT EVEN THOUGH YOU ARE YOUR BEST MOTIVATOR, YOU'LL NEED TO HAVE A SUPPORT NETWORK. RESEARCH SHOWS YOUR MOTIVATION CAN START TO WAIVER BETWEEN WEEKS FOUR AND EIGHT, SO CALL YOUR FRIENDS OR VISIT YOUR DIETITIAN FOR GUIDANCE TO HELP YOU STAY ON TRACK.

READ THE LABELS

Checking the nutritional information can help you make healthier purchases. A US study shows non-exercisers who read food labels have a slightly greater chance of shedding weight than people who exercise but don't pay attention to labels. It just goes to show you can't outrun poor diet choices!

Make it work: Look for minimally processed foods with a short ingredient list and limited amounts of added salt, sugar, fat and artificial colours and flavours.



PUT YOUR WALLET ON A DIET

Retail therapy may feel good but a US study shows financial strain is a significant cause of elevated stress levels, which can lead to weight gain. A great way to curb your spending is to limit the amount of unnecessary food items you purchase.

Make it work: Take your lunch to work, skip the multiple takeaway coffees and avoid late night trips to the convenience store.

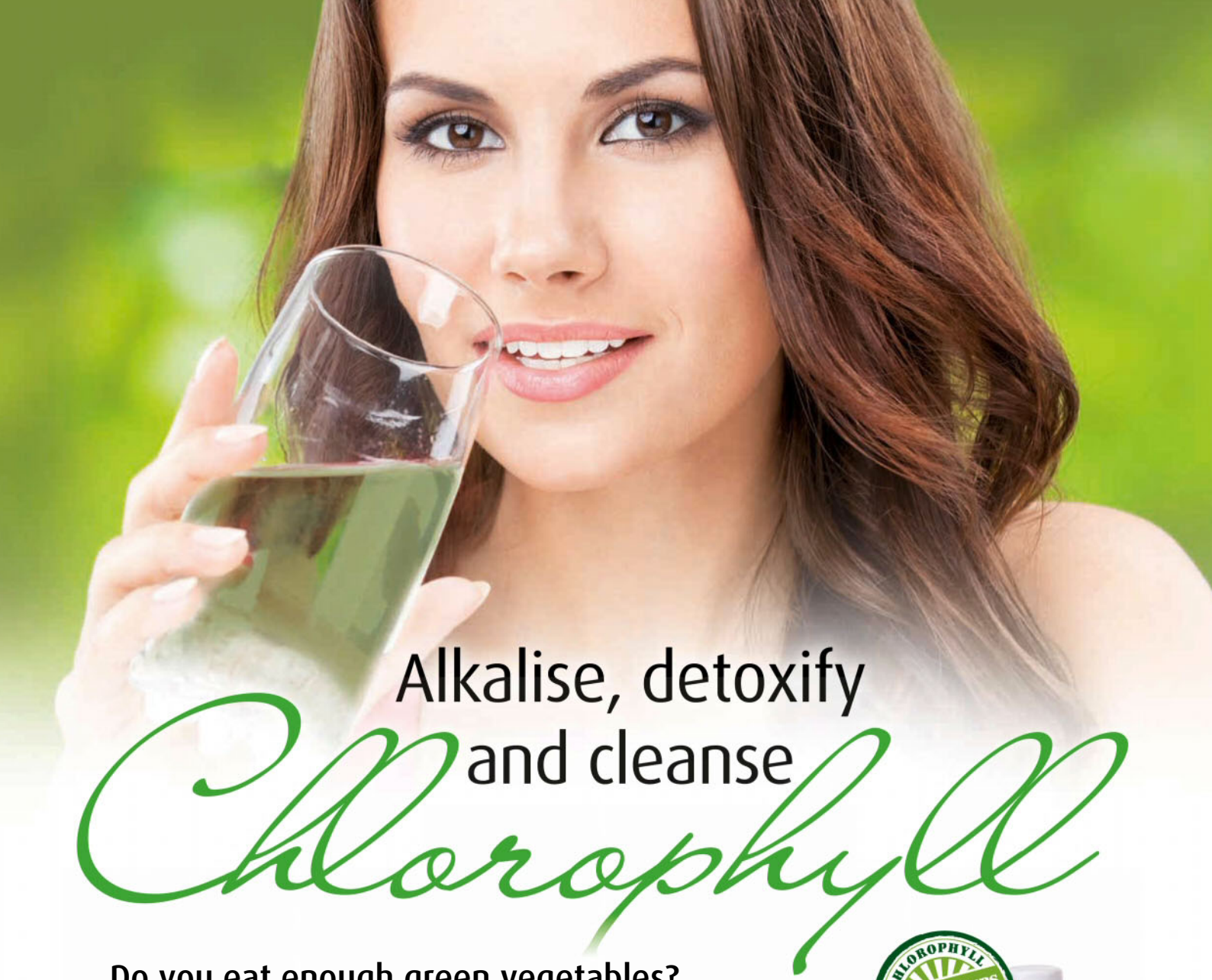


HIT THE SHEETS

GETTING FIVE OR LESS HOURS OF SHUT-EYE EACH NIGHT MAY BE HURTING YOUR CHANCES OF LOSING WEIGHT. RESEARCH SHOWS INADEQUATE SLEEP AFFECTS YOUR LEVELS OF THE HUNGER HORMONE GHRELIN, WHICH INCREASES FOOD INTAKE AND ABDOMINAL FAT, REDUCES THE KILOJOULES YOU BURN AND PROMOTES FAT RETENTION.

MAKE IT WORK: AIM FOR SEVEN OR EIGHT HOURS OF SLEEP EACH NIGHT AND PLAN AHEAD. IF YOU NEED TO GET UP AT 7AM MAKE SURE YOU'RE IN BED BY 11PM.

TEXT CHARMAINE YABSLEY / CAITLIN REID • **PHOTOGRAPHY** GETTY IMAGES / CORBIS / NICK SCOTT/BAUERSYNDICATION.COM.AU



Alkalise, detoxify and cleanse Chlorophyll

Do you eat enough green vegetables?

Green leafy vegetables like spinach and parsley are packed with chlorophyll - the compound that makes plants green and enables them to perform photosynthesis. Scientists believe chlorophyll's antioxidant properties and supportive actions on the body's detoxification processes may help explain why eating a diet rich in leafy greens goes such a long way towards keeping us healthy.

Adding just 15 mL of **Nature's Sunshine Liquid Chlorophyll** to your water or juice each day provides 60 mg of chlorophylls - approximately the same amount you'd get from eating 2½ cups of spinach.



- Alkalise, detoxify and cleanse
- An ideal companion to your herbal or juice-based detox program
- A natural internal deodoriser, ideal for those concerned about body odour or bad breath
- Easy to add to your juice or water bottle, with a refreshing minty flavour and preservative-free formula

Ask for Nature's Sunshine Liquid Chlorophyll at leading health food stores and selected pharmacies.

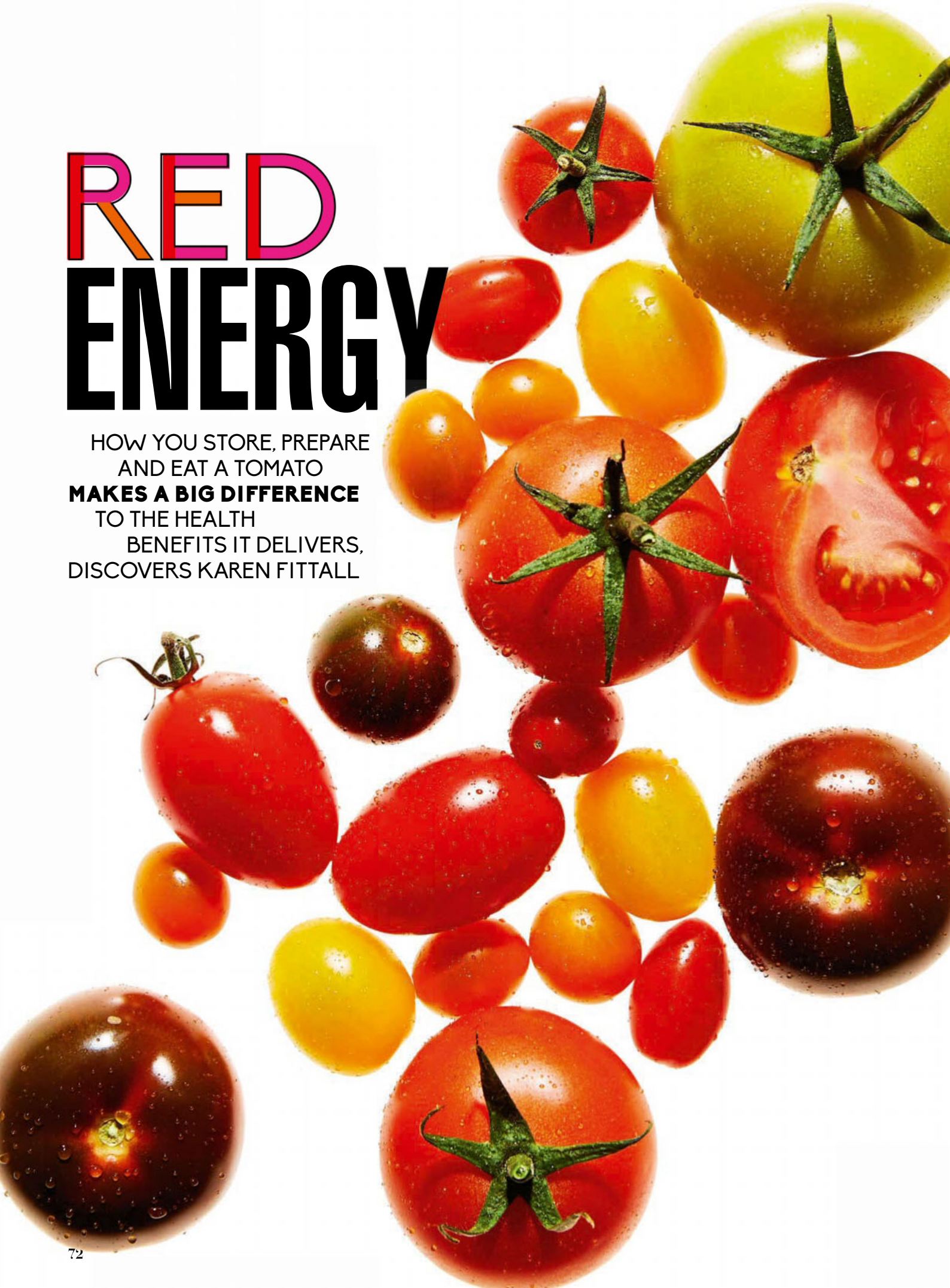
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RED ENERGY

HOW YOU STORE, PREPARE AND EAT A TOMATO **MAKES A BIG DIFFERENCE** TO THE HEALTH BENEFITS IT DELIVERS, DISCOVERS KAREN FITTALL



Tomatoes are packed full of nutrients and research keeps proving just how good they are for you. Studies show they protect against heart disease, depression and even wrinkles. Treat them properly and it's possible to get even more bang for your buck. In fact, you can maximise specific nutrients just by choosing whether to eat them raw or cooked.

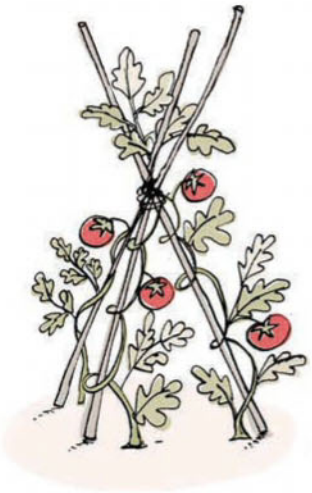
EAT THEM RAW...
to get a bigger hit of vitamin C

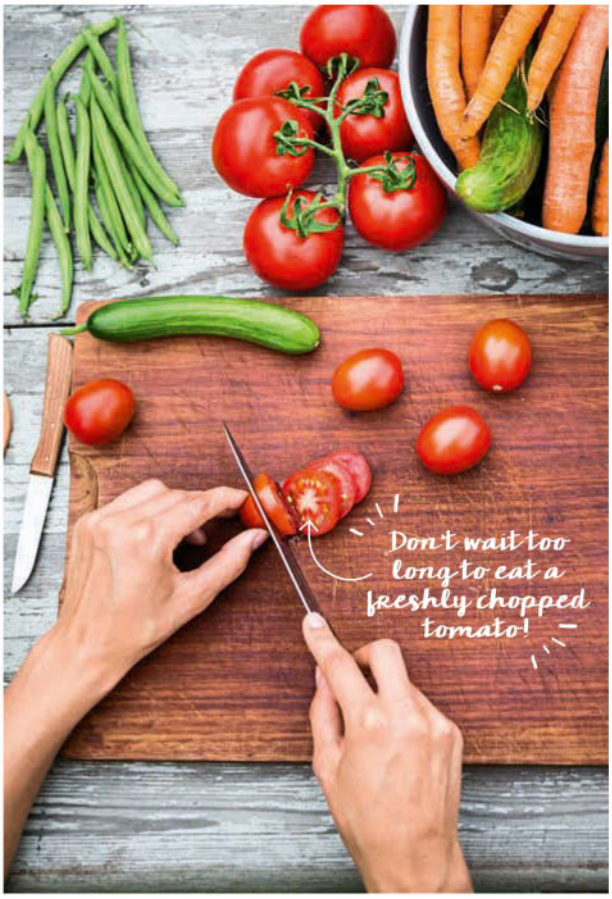
It's a water-soluble vitamin, which means it's particularly sensitive to heat, and research proves that cooked tomatoes contain up to 29 per cent less vitamin C than fresh, raw ones. One cup of raw tomatoes contains 75 per cent of daily vitamin C requirements.

BOOST THE BENEFIT

Eat the tomato as soon as you've sliced it. Exposure to the air gradually strips tomatoes of vitamin C, a process called oxidation. Research has shown that dishes made using freshly cut tomatoes contain less vitamin C than whole tomatoes, as a result of being exposed to the air during the preparation process. So don't wait too long to eat a freshly chopped tomato after cutting it.

Buy organic tomatoes. They can be about 40 per cent smaller than conventionally grown tomatoes, but contain higher levels of vitamin C, according to Brazilian researchers. It's because organic farming methods expose tomato plants to more stress, which boosts the fruit's vitamin content.





COOK THEM
to get a bigger hit of lycopene,

the antioxidant compound that gives tomatoes their red colour and is responsible for many of their health benefits. After just two minutes' exposure to 88°C heat, a tomato's lycopene content increases by 54 per cent and after 30 minutes it's 164 per cent higher. Plus, heat changes the structure of the lycopene, which makes it easier for the body to absorb.

BOOST THE BENEFIT

Choose tomatoes with a bright red colour. Light red tomatoes contain about 30 per cent less lycopene than bright red ones. And while yellow tomatoes are richer in some nutrients – like iron and some B vitamins – than red tomatoes, they don't contain lycopene.

Cook them in olive oil. You'll absorb up to 82 per cent more of the available lycopene, if you do. It's because a certain amount of fat is required to help your small intestine absorb the antioxidant compound. ▶

PHOTOGRAPHY GETTY IMAGES / BAUERSYNDICATION.COM.AU / SEVAK BABAKHANI



HOWEVER YOU EAT THEM:

Store them at room temperature. They'll taste better and can provide up to double the amount of lycopene when you eat them, compared to tomatoes that have been stored in the fridge for 10 days.

Be careful how you wash them. Wash them under running water rather than soaking them in a sink full of water. The water may contain germs from the sink's surface that can be absorbed through the tomato's stem scar. And dry each tomato thoroughly with a clean paper towel to remove any residual nasties.

Use the whole tomato. Parts of the tomato that some recipes often require to be discarded, like the skin, contain twice as much lycopene as straight tomato juice, which is typically made using peeled, de-seeded tomatoes.

Why you should be eating more tomatoes

TO AVOID FEELING DEPRESSED.
Eat tomatoes or tomato products like pastes, sauces and juices every day and you'll reduce your risk of depression by 52 per cent. Scientists say it's because lycopene reduces oxidative stress or damage to healthy brain cells.

FOR PROTECTION AGAINST CANCER.
Women who have lycopene-rich diets are 39 per cent less likely to develop kidney cancer. They may also be at a lower risk of breast cancer after menopause, thanks to lycopene's impact on hormones that help regulate weight.

A TASTE OF TOMATO

Stock up on these products to get a taste of the real thing.



Nippy's Fruitylicious Tomato Juice (350ml, $3). Lower in kilojoules than many other 'fruit' juices, this tomato juice is also long life. It's tasty on its own but can also be used in drinks and other recipes.



Simon Johnson Tomato Passata (720ml, $11.95). A cooked tomato concentrate that's made in Italy, this passata is 99 per cent tomatoes and is ideal as a topping for a pizza base.



Macro Organic Diced Italian Tomatoes – No Added Salt (400g, $1.79). With no added salt these tomatoes are 100 per cent sodium free. Add them to pasta dishes, soups and curries.



TO CUT YOUR RISK OF HEART DISEASE. Consuming 8mg of lycopene every day – about the amount you'll find in two average-sized cooked tomatoes – lowers your heart-disease risk by 25 per cent.

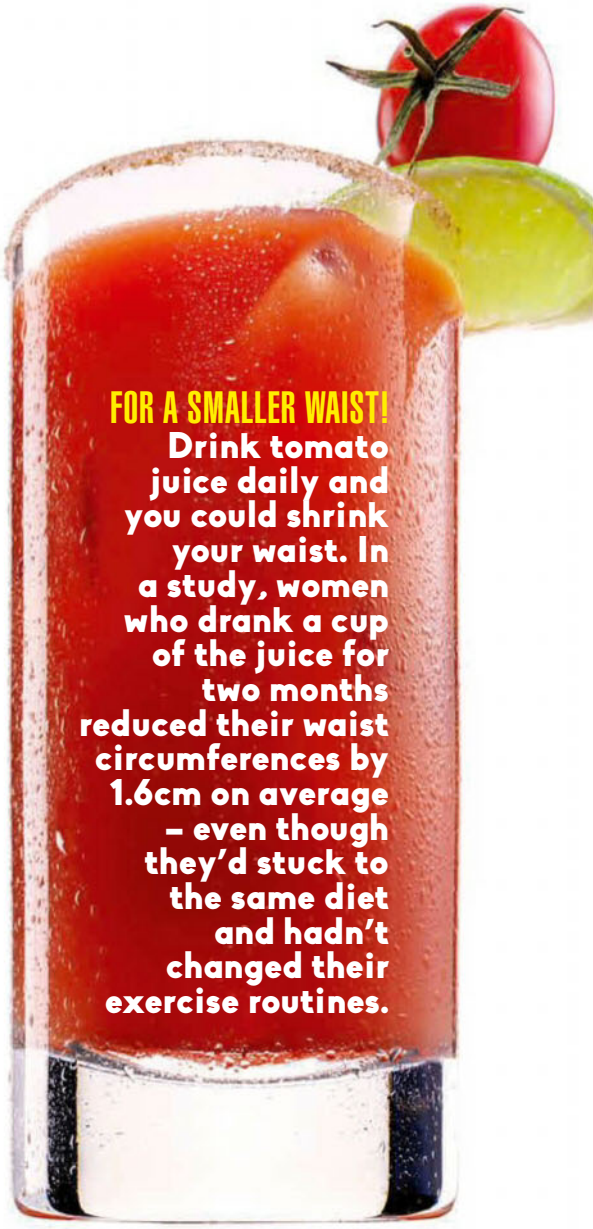
Plus, tomatoes are also a good source of an acid that reduces the amount of lipids like cholesterol and fat in the blood, which makes arteriosclerosis or hardening of the arteries less likely.

Experts recommend drinking a 500ml serve of tomato juice or incorporating 50g of tomato paste a day into your diet for heart health.

TO FIGHT WRINKLES. After 12 weeks, the skin of people who ate 55g of tomato paste a day for a UK study had significantly higher levels of procollagen, a molecule that helps prevent ageing.

Tests also showed the participants' skin had 33 per cent more natural protection against sunburn. The scientists behind the research say it's thanks to the high lycopene content of tomatoes.

TO LOWER YOUR RISK OF TYPE 2 DIABETES. Drink 280ml of tomato juice each day. After two months, your levels of adiponectin – a hormone that has been shown to lower our risk of type 2 diabetes – will be 25 per cent higher, according to researchers in Taiwan.



FOR A SMALLER WAIST! Drink tomato juice daily and you could shrink your waist. In a study, women who drank a cup of the juice for two months reduced their waist circumferences by 1.6cm on average – even though they'd stuck to the same diet and hadn't changed their exercise routines.



Kumato tomatoes ($9.95 per kilogram). Sweeter than the average tomato, a kumato's colour varies from having a bright-green tinge when they're slightly under-ripe, to being a dark brown colour when they're perfect to eat.



Maggie Beer Tomato and Sultana Chutney (270g, $9.95). Tangy and sweet, it's made using vine-ripened tomatoes that are simmered slowly to produce a chutney that tastes homemade.



Organics Tomato Sauce (250ml, $4.50). Made from organic ingredients, this traditional tomato sauce is substantially lower in sodium than a lot of other tomato sauces on the market.



6 FOODS THAT FILL YOU UP

Some foods are better than others at keeping us satisfied. An expert tells Pip Harry which healthy foods will do the trick

Ever sat down to a meal and found that an hour later you're grazing again? "When we talk about foods that keep us full we are talking about wholesome and healthy foods – a great way to eat every day!" says dietitian Denise Griffiths from Curtin University. Here, Griffiths shares her favourite wholesome filler-uppers.

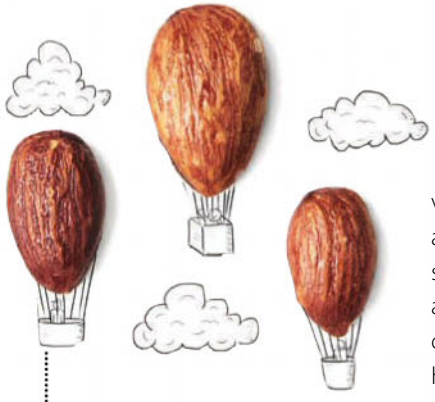
LEGUMES

Make room for legumes and you may be eating less of everything else. An Australian study found consuming four 300g cans of chickpeas a week resulted in significantly higher levels of satiety as well as improved bowel function.

Legumes such as chickpeas, kidney beans, four-bean mixes and lentils are high-fibre, high-protein foods that will keep you full and are important for the health of our digestive system. They also contain important B vitamins and antioxidants.

MEAL PLAN:

Try canned baked beans for breakfast, a salad of four-bean mix for lunch or adding beans to your favourite one-pot dish for dinner.



NUTS

Nuts might be high in fat but including them in your diet won't necessarily lead to weight gain. The reason? Nuts are a satisfying snack. Research shows women who eat nuts twice a week or more are not likely to gain weight and have a lower risk of obesity. Nuts contain antioxidants, vitamins and minerals as well as being a good source of fibre. They are also about 10 to 20 per cent protein, which will help to keep you full.

MEAL PLAN

Stick to one 30g serve of nuts a day, which is the size of a small handful. Be sure to choose raw, unsalted varieties as roasting can add extra kilojoules. Nuts can be enjoyed raw as a snack, or you can include them in your cooking – in stir-fries, biscuits, cakes and salads.

PHOTOGRAPHY URBAN LIP/SNAPPER MEDIA / GETTY IMAGES



YOGHURT

Yoghurt has been awarded the best overall food for weight loss in a study at Harvard University. Researchers found that each extra daily serving of yoghurt prevented 370g of weight gain over four years. Another study found that obese people who ate three serves of yoghurt a day lost significant fat, especially from around the waist, while maintaining lean muscle.

Yoghurt is rich in calcium and protein and has a low-GI, meaning it is digested slowly and helps keep you feeling fuller for longer.

MEAL PLAN

You don't necessarily have to choose low-fat yoghurt to benefit. Research shows women who eat full-fat yoghurt, rather than a low-fat version of equal kilojoules, tend to eat fewer kilojoules throughout the day, and this may be due to the increased satiety that comes from eating full-fat yoghurt.

Try fresh fruit stirred through plain yoghurt to avoid the added sugar that comes with flavoured yoghurts. Yoghurt is a good swap for sour cream in cooking.

OATS

Oats are a great way to start the day – they have lots of fibre (4g per half cup serve of regular rolled oats) and are low-GI, so are digested slowly and keep you going for longer. Plus, a US study shows that you're 49 per cent less likely to experience major weight gain if you eat wholegrains like oats.

MEAL PLAN

Team oats – in the form of porridge or muesli – with yoghurt or fruit, nuts and low-fat milk and you have a breakfast to sustain you all morning. Oats can also be added to soups and casseroles or used in baking.

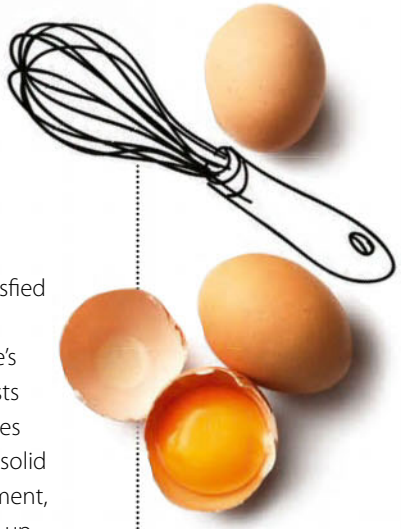
SOUP

Ever wondered why you feel so satisfied after a hearty bowl of soup? Using ultrasound and MRI scans of people's stomachs to investigate, UK scientists discovered that the stomach empties more slowly after soup than after a solid meal and water. In a further experiment, soup eaters reported feeling full for up to an hour and a half longer than their solid meal counterparts.

Soups are a great way to get nutrients and fibre, and they help fill you up. They're also a great way to pack in your five serves of vegetables a day.

MEAL PLAN

Try choosing a soup or broth with plenty of in-season vegetables as a starter or a main meal. The best soups for long-lasting fullness: clear Asian broths with lots of spices, fresh herbs and noodles, minestrone, and vegetable blends.



EGGS

For a relatively low kilojoule count – about 324kJ for one medium-sized egg – it really is the breakfast of champions. An egg contains 11 vitamins and minerals and is a great source of protein that helps to keep you full.

A US study found that obese and overweight women who ate eggs for breakfast, rather than a bagel of equal kilojoules, felt fuller and had less desire to eat during the following 24 hours. The researchers also found that those who ate two eggs a day for breakfast lost 65 per cent more weight than those eating a similar breakfast without eggs.

MEAL PLAN

Eggs are so versatile. Start the day with a poached egg on wholegrain bread, add a sliced hard-boiled egg to a green salad at lunchtime or whip up a healthy vegetable frittata for dinner.

THE SMART WAY TO EAT

It's not always what you eat but the way you eat it that really matters, as Helen Foster discovers



Think red meat is unhealthy? Well, actually, that might depend on what you serve it with. Convinced fish is always good for your brain? That might depend on how you cook it. And, as for vegetables – they're always good for your waistline, but could be even better for you eaten raw.

What science is now showing is that how you cook or serve food can alter how good – or bad – it is for you. Here are 10 helpful food tweaks.



Bananas should be eaten green

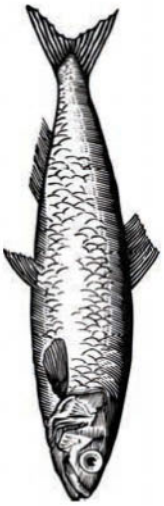
The average 30g green banana contains about 12.5g of a substance called resistant starch, something experts at CSIRO say we need about 20g of daily.

"Resistant starch is not digested by the body and as it passes through the bowel it ferments," says the CSIRO's Dr David Topping. "The by-products of this fermentation are very important for health, and are linked to increased satiety and healthy cell renewal."

Note, the taste and texture of green bananas can take some getting used to – if you're not a fan, try them in things like smoothies rather than eating them whole. Or, get your resistant starch via other foods like baked beans, brown rice or Barleymax, a grain grown by the CSIRO which is extra high in resistant starch.

LET YOUR GARLIC SPROUT

Most of us would throw away a garlic clove that had sprouted a green shoot, but according to recent research from Korean scientists, we shouldn't be so hasty. They found that cloves with a five-day-old sprout had higher levels of antioxidants and could even protect cells in our body in different ways from unsprouted cloves.



AVOID FRYING FISH

If you're eating fish for your health, then toss out the frying pan. According to recent US studies, people who fry fish don't get the same brain boost as other eaters.

"Those who eat their fish baked or grilled instead actually have larger brain volumes in the hippocampus and frontal lobe that are involved in memory," says Dr Cyrus Raji from UCLA in the US.

The theory is that something about frying, perhaps the high heat, damages the brain-boosting omega-3 fats that fish contains.



EAT YOUR VEGETABLES CRUNCHY

When research has looked at textures in people's diets it has found that women who ate crunchy foods had smaller waistlines than those eating softer ones.

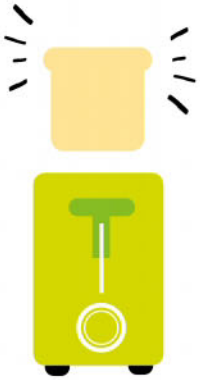
"It's related to the kilojoules you burn up eating them," says Dr Stephen Secor, a professor of biological sciences at the University of Alabama. "It takes roughly twice as many chews to eat a raw carrot than the same amount of cooked carrot." And each chew burns kilojoules.

Dr Secor's work has also shown that rare steak provides 12 per cent fewer kilojoules than a well done steak as our body uses more energy breaking down the harder collagen bonds within it – the longer you cook a steak, the softer it becomes.



When frying, always use fresh olive oil

This was the finding of Spanish researchers who investigated the news that people in Spain who ate a lot of fried food didn't have a higher risk of heart disease. On closer inspection the team suggested it was because most Spaniards fry their food in olive oil and they eat at home where they use oil only once – compared to restaurants where oil can be reused. Reusing oil changes its structure in ways that may make it harmful to the heart. ▶



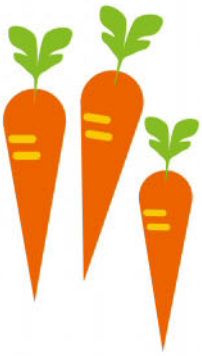
Never burn toast

That's the recommendation from the European Food Safety Authority, which recently sent out a warning regarding serving toast anything darker than light brown. The reason, it says, is that burning toast creates a substance called acrylamide, which has been linked to cancer in animals and may increase cancer risk in humans. 'Don't burn it, lightly brown it' is the new motto.



Eat steak with spinach

High intakes of red meat have been associated with a higher risk of bowel cancer, but research from Oregon State University in the US has found that adding a side of spinach to a steak meal counteracts the DNA damage that's believed to be one potential cause.



CUT CARROTS AFTER COOKING

Doing so will see you eating up to 25 per cent more of certain antioxidants than if you chop them before you cook them, say researchers from the UK's Newcastle University. The reason is simple: whole carrots have less surface area for nutrients to leach from.

As an added bonus, carrots also taste better when they're cut after cooking. More than 80 per cent of people doing a blind taste test in the trial said they preferred them.



SAUTÉ YOUR GREENS

According to US researchers, sautéing green vegetables like broccoli, cabbage and kale makes them better at binding to a substance called bile acid in our systems, which helps our bodies to excrete more of it. Why is this useful? Because we make bile acid from cholesterol in our blood. The more we excrete, the more cholesterol we use up.

So, how do you sauté? Simple. Put a non-stick pan on high heat, add a little bit of oil then put in your veggies and toss them well. According to the study's author Talwinder Kahlon, it's believed the high heat of sautéing is what does the trick. "It might open up more cells and free nutrients for interaction to bind bile acids," he says.



Beware adding cauliflower to curry

Did you know some people need lower doses of medications such as antidepressants to get the same results? And the reason may be diet-related say experts at the University of Sydney. "Diet can have a major impact on a drug-metabolising enzyme called CYP1A2," explains Professor Andrew McLachlan. "People eating eight or more servings a week of cruciferous vegetables like broccoli and cauliflower have higher activity of this enzyme – and adding these vegetables to curry, as is common in a South Asian diet, seems to increase activity further." If you're on medication and eat a lot of vegetable curries, consult your GP if you experience drug side effects – and, ideally, eat your cauliflower at a separate meal to your curry.

PHOTOGRAPHY PASCAL SHIRLEY/GALLERY STOCK/SNAPPER MEDIA / STOCKFOOD / GETTY IMAGES / BAUERSYNDICATION.COM.AU

macrō

a whole range of goodness





Almond meal is your secret weapon for baking healthier treats. A source of fibre and protein, this nutritious alternative to flour brings a nutty flavour to muffins, biscuits and pastries.

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Only at Woolworths

Souper stars!

KEEP THE COLD OUT WITH THE BEST SOUP BUYS THIS SEASON. BY DIETITIAN EMMA STIRLING

There are plenty of gourmet soup choices at the supermarket just waiting to warm you up. You can choose from on-trend ingredients like kale, quinoa and coconut, plus classic combinations like chicken and vegetables. Discover this winter's latest ready-to-eat soups here…

WHEN YOU WANT...

Homemade flavour

Made with fresh ingredients, the gourmet soups in the chilled section of the supermarket tend to be full of flavour and closest to homemade in style. Check out these delicious picks:



Pitango Free Range Chicken and Vegetable Soup, per 300g serve. 306kJ; protein 5.7g; sat fat 0.3g; carbohydrate 10.2g; sodium 636mg. ***Made from organic ingredients.***



Maggie Beer Mushroom Soup, per 250g serve. 925kJ; protein 2.7g; sat fat 9g; carbohydrate 17.5g; sodium 650mg. ***With cream for a weekend indulgence.***



Wild Foodies A Tale of Kale & Quinoa Soup, per 300g serve. 375kJ; protein 3.2g; sat fat 0.2g; carbohydrate 18.4g; sodium 416mg. ***Low in saturated fat.***



Moredough Kitchens Cherry Tomato & Smoked Paprika Soup, per 250g serve. 432kJ; protein 2g; sat fat 2.3g; carbohydrate 14.2g; sodium 1200mg. ***With Spanish paprika to warm from within.***



Dineamic Sweet Potato Coconut & Turmeric Soup, per 250g serve. 363kJ; protein 2.8g; sat fat 0.9g; carbohydrate 14.6g; fibre 3g; sodium 801mg. ***Developed by dietitians.***



Darikay Hearty Vegetable Soup, per 280ml serve. 367kJ; protein 4.1g; sat fat 0g; carbohydrate 14.1g; sodium 810mg. ***Low-kilojoule option.***



Momo's Meals Organic Soups Chorizo & Cannellini Bean, per 250g serve. 712kJ; protein 7.7g; sat fat 2.2g; carbohydrate 17.3g; sodium 968mg. ***With legumes for protein.***

PHOTOGRAPHY CHRIS JANSEN



WHEN YOU WANT...

Convenience

Soups that you can store in your pantry are convenient – you can also keep them on standby in your desk drawer at work. Check out these handy picks:



La Zuppa Lentil Just Add Water, per 100g serve (makes 250ml cup). 110kJ; protein 1.48g; sat fat <1g; carbohydrate 4.27g; sodium 430mg. ***Innovative new liquid stock concentrate for a cuppa soup.***



Celebrate Health Potato & Kale Soup, per 250g serve. 560kJ; protein 6.3g; sat fat <0.1g; carbohydrate 25.5g; fibre 2.8g; sodium 875mg. ***Gluten and dairy free.***



Hansells All Natural Vegetable Tagine Soup, per 200g serve. 416kJ; protein 1.2g; sat fat 0.5g; carbohydrate 14.9g; sodium 580mg. ***Lower kilojoule option.***



Sue Shepherd Lamb + Vegetable Soup, per 250g serve. 611kJ; protein 9.4g; sat fat 1.1g; carbohydrate 18.4g; fibre 2.1g; sodium 819mg. ***Low-FODMAP-diet friendly and gluten free.***



Campbell's Simply Soup Winter Vegetable, per 250g serve. 507kJ; protein 2.6g; sat fat 1.6g; carbohydrate 20.2g; fibre 2.5g; sodium 613mg. ***Classic combination in long-life pouch.***

Healthier choices

If you are shopping around for a healthy meal-in-one soup, take time to read the ingredient list and nutrition panels and compare the per serve and per 100g counts. The best soups to enjoy regularly contain the following ingredients:

PROTEIN

Between 5-10g protein per serve to help you feel fuller for longer.

FAT & SATURATED FAT

Go easy on laksas and soups that have added cream as the fat content can be over 10g per serve.

DIETARY FIBRE

Not all soups will list the fibre counts so also check the ingredient list for vegetables, wholegrains and legumes. Chickpeas, split peas, cannellini and red kidney beans, along with barley and quinoa, are staple ingredients in healthy soups. A soup that's a good source of fibre will contain at least 4g fibre per serve.

VARIED VEGETABLES

It's easy to clock up your five plus serves of vegetables when you're taking them as liquid – 75g of vegetables in soup is equal to a serve. Seasonal winter vegetables include beetroot, broccoli, Brussels sprouts, pumpkin and squash.

SALT OR SODIUM

Compare the salt content per 100g or 100ml in store-bought soups and go as low as you can – around 300mg sodium per 100ml or less is a good rule for daily choices.

FAST FARE

Fresh and tasty dishes that are sure to impress



top tip

This is a great way to use up leafy greens and herbs. For the pesto, try substituting basil or mint for the parsley, and rocket or baby spinach for the kale.



KALE, CHILLI AND PARMESAN PASTA

Preparation + cooking time:
20 minutes

½ cup (15g) curly kale, torn coarsely
½ cup (30g) finely grated parmesan, plus extra to serve
¼ cup firmly packed fresh flat-leaf parsley
1 small garlic clove, crushed
1 teaspoon finely grated lemon rind
2 tablespoons lemon juice
¼ cup (60ml) extra-virgin olive oil, plus extra for drizzling
⅓ cup (40g) coarsely torn sourdough
125g spelt or wholemeal spaghettini
pinch dried chilli flakes

1. To make kale pesto, process kale, parmesan, parsley, garlic, rind, half the juice and 2 tablespoons of the oil in a small food processor and season to taste.
2. Heat remaining oil in a small frying pan over a medium-high heat. Add the sourdough and stir for 2 minutes or until lightly golden. Transfer to a plate lined with paper towel.
3. Cook pasta in a large saucepan of boiling water until almost tender. Reserve 2 tablespoons of the cooking water then drain pasta. Return pasta to pan with reserved cooking water and stir in kale pesto and remaining juice. Season to taste.
4. Serve pasta topped with toasted sourdough, chilli flakes, and extra parmesan, if you like.
SERVES 1 ▶



PAPRIKA AND LIME PORK ENCHILADAS

Preparation + cooking time: 30 minutes

1 tablespoon olive oil
500g minced pork
1 medium red onion (170g), finely chopped
4 garlic cloves, crushed
1 fresh long green chilli, chopped
1 tablespoon smoked paprika
2 x 400g canned diced tomatoes
1 tablespoon lime juice
8 x 20cm flour tortillas
2 cups (240g) coarsely grated cheddar
½ cup fresh coriander leaves
4 lime wedges

1. Preheat oven to 220°C.
2. Heat oil in a large frying pan over high heat. Cook pork, onion, garlic, chilli and paprika, stirring, for 5 minutes or until browned. Add 1 can of tomatoes and cook for 1 minute. Add lime juice and season to taste.
3. Spread tortillas flat on a work surface. Spoon mince mixture equally onto centre of each tortilla, sprinkle 1 cup cheddar equally over mince mixture and fold tortillas to enclose filling. Place, join-side down, in single layer, in 20cm x 30cm shallow ovenproof dish. Spoon over remaining can of tomatoes, leaving ends of tortillas exposed. Sprinkle with remaining cheddar.
4. Bake for 15 minutes or until golden. Sprinkle enchiladas with coriander and serve with lime wedges.

SERVES 4

PHOTOGRAPHY BEN DEARNLEY • **STYLING** VIVIEN WALSH • **FOOD PREPARATION** CHARLOTTE BINNS-MCDONALD

Salami and olive chicken cacciatore

Preparation + cooking time: 35 minutes

2 teaspoons olive oil
6 x 180g chicken thigh cutlets, skin on
10 baby new potatoes (400g), sliced into thin rounds
130g sliced salami, coarsely chopped
1 medium brown onion (150g), thinly sliced
6 garlic cloves, crushed
½ teaspoon fennel seeds, crushed
½ cup (125ml) dry white wine
400g canned crushed tomatoes
1 cup (250ml) chicken stock
¾ cup (200g) whole Sicilian green olives
5 sprigs each fresh thyme and basil
⅓ cup (25g) finely grated parmesan
½ cup fresh small basil leaves, torn

1. Preheat oven to 220°C.
2. Heat oil in a large casserole over medium-high heat, add chicken, skin-side down and cook for 3 minutes on each side or until browned. Remove from pan.
3. Add potato, salami, onion, garlic and seeds to same pan and cook, stirring, for 4 minutes or until onion is golden.
4. Add wine to pan and stir to combine. Add tomatoes, stock, olives, herb sprigs and chicken and bring to the boil. Transfer to oven and bake, uncovered, for 20 minutes or until chicken is cooked through.
5. Sprinkle with parmesan and basil leaves. Serve with crusty bread if you like.

SERVES 6



FIND YOUR SHOPPING LIST FOR THESE DELICIOUS RECIPES RIGHT HERE. Use the free ***viewa*** app and scan your device over this page to access them.

try this!

To crush the fennel seeds, place on a chopping board and press down on them with the base of a heavy-based frying pan or saucepan. Warn guests about the olive pits if you can't get pitted ones. ▶

Jerk salmon with yoghurt potatoes

Preparation + cooking time:
20 minutes

8 baby new potatoes (320g), thickly sliced
⅓ cup firmly packed fresh flat-leaf parsley
⅓ cup firmly packed fresh coriander
1 teaspoon freshly ground black pepper
1 teaspoon dried chilli flakes
1 teaspoon ground allspice
2 garlic cloves, crushed
2 teaspoons finely grated fresh ginger
¼ cup (60ml) lime juice
¼ cup (60ml) extra-virgin olive oil
2 x 200g skinless, boneless salmon fillets
¼ cup (70g) Greek-style yoghurt
2 shallots (50g), finely chopped

1. Boil, steam or microwave potatoes until tender and cover to keep warm.
2. Reserve 1 tablespoon each of the parsley and coriander. Process remaining herbs with the pepper, chilli, allspice, garlic, ginger, juice and oil and season with salt.
3. Pour half the herb mixture over salmon in a medium bowl and stand for 5 minutes.
4. Cook undrained salmon, in a heated medium frying pan, for 2 minutes on each side or until just cooked through.
5. Combine potato with yoghurt, shallots and remaining herb mixture. Serve topped with salmon and sprinkled with reserved herbs.

SERVES 2

did you know?
Jerk is both the name of the Jamaican dry or wet spice rub used to season fish and chicken and the name of the cooking method.





top tip
You'll need 1 lime for this recipe. To assist with juicing, roll the lime firmly on a hard surface first.



VEAL CUTLETS WITH KUMARA MASH AND BEANS

Preparation + cooking time: 30 minutes

1 large kumara (500g), cut into 3cm pieces
200g green beans, trimmed
40g butter, chopped
2 tablespoons olive oil
2 frenched veal cutlets (250g)
1 garlic clove, thinly sliced
125g cherry tomatoes, quartered
2 tablespoons pesto

1. Place kumara in a medium saucepan of cold water and bring to the boil. Reduce heat and cook, covered, for 8 minutes. Add green beans and cook for a further 2 minutes or until tender. Drain and separate beans from kumara. Return kumara to pan and mash with butter until smooth. Season to taste and cover to keep warm. Halve beans lengthways.
2. Meanwhile, heat half the oil in a medium frying pan over medium-high heat. Cook veal for 5 minutes on each side for medium or until cooked to your liking. Remove from pan and rest, loosely covered with foil, for 5 minutes.
3. Heat remaining oil in same pan over medium heat. Add garlic and beans and cook for 1 minute or until garlic is lightly golden. Season to taste.
4. Serve veal with mash, bean mixture, tomatoes and pesto.
SERVES 2



Recipes taken from **The Australian Women's Weekly Express,** ***Bauer Books, $29.95. Available from all good booksellers and online at magshop.com.au***

We LOVE FOOD



SWEET POTATOES

A member of the morning glory family, sweet potatoes come in three colours:

✱ **BROWN:** creamy-coloured flesh, with a chestnut-like flavour. Are good for baking.

✱ **ORANGE:** also known as kumara, have sweet flesh and are perfect for puddings.

✱ **PURPLE:** with white flesh, which is sweeter than the brown type. This is a good all-rounder.

WHAT ELSE?

➜ Choose medium-sized sweet potatoes that are firm, free of blemishes or soft spots, and not sprouting. Store in a cool, dark place and use within five to seven days.

➜ Bake, boil, fry or steam, leaving skin on.

➜ Bacon and maple syrup are great partners.



The new **Kenwood kCook, $699**, is a magic machine. A multi-cooker, with functions that include slow-cooking and a wide range of temperature settings for simmering, reheating and boiling. There's also a free app with step-by-step recipes.

FOR YOUR DIARY

Get your tastebuds ready for the Sydney Italian Wine & Food Festival on Sunday, August 30. At Sydney's Town Hall, sample wines, witness a lasagne challenge and shop to your heart's content at the food market. *sydneyitalianwinefood.com.au*





Cookbook of the month

The Best of Gretta Anna by Martin Teplitzky (Lantern, $49.99). The late Gretta Anna's cooking school was an institution for more than 40 years. Now her son, chef Martin Teplitzky, has written this new book of Gretta Anna recipes, some reworked, some never published before, and some his own originals. A must for every foodie's bookshelf.

Our FAVOURITE FOODIE FINDS



Feelgood fizz

All Good Organics use only high-quality organic and Fairtrade ingredients in their drinks, helping to support impoverished communities in Africa. Look out for new **Karma Cola** and **Lemmy Lemonade.** *karmacola.com.au*



Chocolicious!

Pana Chocolate, Australia's favourite raw chocolate brand, has opened a shop in Alexandria in Sydney. While there, stock up on chocolate bars, cookies, raw cakes and drinks. *panachocolate.com*



Sweet addition

The new Jomeis Fine Foods Organic Cane Sugar Free Sweet Balsamic Reduction from Italy enhances the flavour of both sweet and savoury dishes. From $17.50 for a 250ml bottle. *jomeisfinefoods.com.au*

HOW TO REHEAT RICE SAFELY



Cool rice quickly after cooking, then refrigerate promptly. Next day, reheat until piping hot. Never reheat rice more than once. Steer clear of reheating takeaway rice – when it sits around for hours in a restaurant, it can become a breeding ground for bacteria.

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Your Bone health

➜ EVERYTHING YOU NEED TO KNOW TO KEEP YOUR BONES STRONG AND HEALTHY



Introduction

Two thirds of Australians over the age of 50 have poor bone health, according to Osteoporosis Australia. That's despite the fact it is relatively easy to take care of your bones.

You probably already do most of what you need to do to keep your bones strong – eating a healthy diet, exercising and spending some time outdoors in the sun. What you may not know, however, **is that there are certain tweaks you need to make to these lifestyle habits as you move through different life stages.**

This health handbook outlines what you need to focus on to protect your bones. **You will also learn about the common and often under-diagnosed bone disease, osteoporosis.** You'll find out how to assess your risks, how osteoporosis is diagnosed and managed, and where you can find other important information.



Let's talk bones

You have 206 hard bones that are responsible for many of your body's crucial functions. They:

- **Support the structure of your body so you can maintain an active lifestyle.**
- **Protect your internal organs.**
- **Contain marrow where blood cells are made.**
- **Store minerals like calcium.**

Your bones are composed of living tissue. Bones undergo a continuous process known as remodelling. During this process bone tissue is broken down and renewed, which is important in keeping bones healthy and in repairing any minor damage that may occur with wear and tear.

When you are young your body makes new bone faster than it breaks down; also, your bone density or strength increases. The major build-up of bone occurs in your pre-teen and teenage years. You achieve peak bone mass by your early 20s.

As you age you are no longer able to replace bone tissue as quickly as you lose it. Also the hormonal changes during menopause result in more rapid bone loss. But this doesn't mean you can't still maintain healthy bones as you age.

Bone health

Your bone health depends on many factors, including:

- **Your family history.**
- **Your hormone levels.**
- **Your diet.**
- **How active you are.**

You can't control some of these things but there are plenty of things you can do to support your bones and keep them strong and reduce the risk of breaks occurring later in life.

YOU MAY SIMPLY NEED TO FOCUS MORE ON THREE THINGS YOU PROBABLY DO ALREADY, AND THEY ARE:

- **Eat a healthy diet rich in calcium.**
- **Get some sunlight.**
- **Exercise regularly.**

OTHER THINGS YOU CAN DO:

- **Keep an eye on alcohol intake**. While heavy alcohol consumption can cause a decrease in bone density, moderate consumption (that's no more than one standard drink a day and at least two alcohol-free days a week) is fine.
- **Not smoke.** Smokers have a lower bone density.

THE ROLE OF CALCIUM

Calcium is essential for building and maintaining bone. Almost all your body's calcium (about 99 per cent) is found in your bones. Calcium combines with other minerals to form hard crystals that give your bones strength and structure.

A small amount of calcium is dissolved in the blood; this calcium is essential for the healthy functioning of your heart, muscles, blood and nerves. Bones act like a calcium 'bank'; if there is not enough calcium in the blood, your body will take calcium from the bones. If your body withdraws more calcium than it deposits over a long period, then your bone density will gradually decline.

Your body can't make calcium so it must come from your diet. Getting enough calcium is especially important in childhood and adolescence, in order to build and maintain bone strength. As



you age calcium is absorbed less effectively from the intestine and more can be lost through the kidneys, so calcium intake needs to be maintained at a higher level. The best way to get it is to eat a diet rich in calcium.

THE ROLE OF VITAMIN D

Vitamin D is a hormone that controls calcium levels in the blood. It is needed for healthy bones and muscles and for general health.

IT WORKS BY:

- **Increasing the absorption of calcium from your gut.**
- **Adjusting the amount of calcium in your blood.**
- **Strengthening your skeleton.**

Vitamin D forms in the skin when it is exposed to UVB radiation that is present in sunlight. Although we live in a sunny country many Australians don't have adequate vitamin D levels – in fact, more than 30 per cent of Australians have a mild, moderate or severe deficiency.

Vitamin D deficiency can have a major impact on bone health. In older people it can increase the risk of falls and bone fracture. Low levels of vitamin D can also lead to bone and joint pain and muscle weakness. In infants and children, vitamin D deficiency can result in rickets, a condition that causes bone and muscle weakness and bone deformities.

THE ROLE OF EXERCISE

Regular physical activity is one of the most effective strategies to help make bones strong, reducing the risk of fractures later in life. Exercise also increases the size, strength and capacity of your muscles, which is important for supporting your joints and preventing falls. It also improves your coordination and balance.

The specific goals of exercising for bone health change through life, from building maximum bone strength in childhood and adolescence to optimising and maintaining muscle and bone strength in young and mid-adulthood, and reducing bone loss in older age. For the elderly, the focus of exercise is to increase or maintain muscle mass and strength and address risk factors for falls, particularly any difficulty in balance and walking ability.

Eating a diet rich in calcium, getting enough sunlight to make vitamin D and exercising regularly are three key factors for building and maintaining strong bones.

Focus on your diet

A healthy balanced diet is essential for good health generally. To build and maintain strong bones you need to focus on including foods that are high in calcium and ensure you are consuming enough to meet your daily requirements – something many of us aren't doing.

CALCIUM REQUIREMENTS

Getting enough calcium is especially important in childhood and adolescence. There's also an increased need for the mineral later in life when the body loses calcium.

THE RECOMMENDATIONS FOR ADEQUATE CALCIUM INTAKE ARE:

- **Children aged 1 to 3 years – 500mg per day.**
- **Children aged 4 to 8 years – 700mg per day.**
- **Girls and boys 9 to 11 years – 1000mg per day.**
- **Teens 12 to 18 years – 1300mg per day.**
- **Adult women and men – 1000mg per day.**
- **Women over 50 years – 1300mg per day.**
- **Men over 70 – 1300mg per day.**

CALCIUM FROM FOOD

Calcium content in different foods varies. It is important to consume calcium-rich foods on a regular basis as part of a normal diet. For strong and healthy bones it is recommended you aim for three to five serves of calcium-rich food daily.

For most Australians dairy foods are the main source of calcium and an easy way to obtain adequate calcium. Milk, yoghurt and most cheeses are particularly high in calcium. Three serves of dairy food a day (including reduced-fat and low-fat options) will generally provide you with a calcium intake of 1000mg. A serving size is equivalent to a glass of milk (250ml), tub of yoghurt (200g) or a piece of cheese (40g).

If you are allergic to dairy or dislike dairy products you'll require more serves of other high calcium-containing foods,

FOR EXAMPLE:

- **Vegetables** such as broccoli, mustard cabbage, bok choy, silverbeet, cucumber, celery, or legumes like chickpeas.
- **Tinned sardines or tinned salmon** (including the bones).
- **Nuts and dried fruits** such as almonds, dried figs and dried apricots.
- **Calcium-fortified foods** such as breakfast cereals and some breads and fruit juices.

Not all calcium consumed is absorbed. It is normal for a small amount of calcium to be lost and excreted. This is factored into the recommended intake for your age. But other factors can lead to an abnormally low level of calcium absorption and should be discussed with your doctor. **THESE INCLUDE:**

- **Low vitamin D levels.**
- **Excessive caffeine and alcohol intake.** ▶

- **Diets high in phytates or oxalates.** Phytates (found in some cereals and brans) may reduce the calcium absorbed from other foods that are eaten at the same time. Oxalates (contained in spinach and rhubarb) reduce the calcium absorbed from the food in which they are present.
- **Certain medical conditions,** for example, coeliac disease and kidney disease.
- **Certain medicines,** for example, long-term corticosteroid use (for example, prednisone, prednisolone).

CALCIUM AND THE ELDERLY

Elderly people often do not consume enough calcium through their diet or are unable to absorb calcium properly. **If you are elderly or caring for an elderly person, specific factors that should be covered with your doctor include:**

- **Factors that have an impact on diet** such as poor appetite, illness or social or economic problems – these may make it hard to eat well.
- **Poor absorption of calcium in the intestine** (made worse if vitamin D levels are low).
- **Less frequent exposure to sunlight which is needed to make vitamin D.**
- **Poor kidney function,** leading to increased loss of calcium in the urine.

CALCIUM SUPPLEMENTS

If you can't get the calcium you need from your diet, talk to your doctor about taking a calcium supplement. A supplement at a dose of 500-600mg of calcium a day is considered safe and effective for most people.

Supplements are available as oral tablets, effervescent tablets, chewable tablets or soluble powder. Calcium tablets are usually well tolerated and are sometimes combined with vitamin D supplements, if required.

OTHER VITAMINS IMPORTANT FOR BONE HEALTH

- **VITAMIN K –** Research is emerging that shows vitamin K plays an important role in bone density. Vitamin K is found naturally in foods such as leafy green vegetables, meats, cheeses and eggs. Although initial research is promising, at this stage more research is needed to understand how vitamin K supplements can help protect bones. If you are concerned you are not getting enough vitamin K from natural sources, speak to your doctor.
- **VITAMIN D –** Some foods contain small amounts of vitamin D, including oily fish (for example, herring and mackerel), liver, eggs, fortified foods (such as margarine) and some dairy products.

Australia has a low rate of vitamin D-fortified food compared to other countries such as the UK, Canada and the US.

Food cannot provide an adequate amount of vitamin D and most people are reliant on sun exposure to reach recommended levels (see Focus on Sun Exposure).

Focus on sun exposure

Most of us get our vitamin D from sunlight exposure. Vitamin D is formed in the skin through a series of processes that start when your skin is exposed to the ultraviolet (UV) radiation that is present in sunlight.

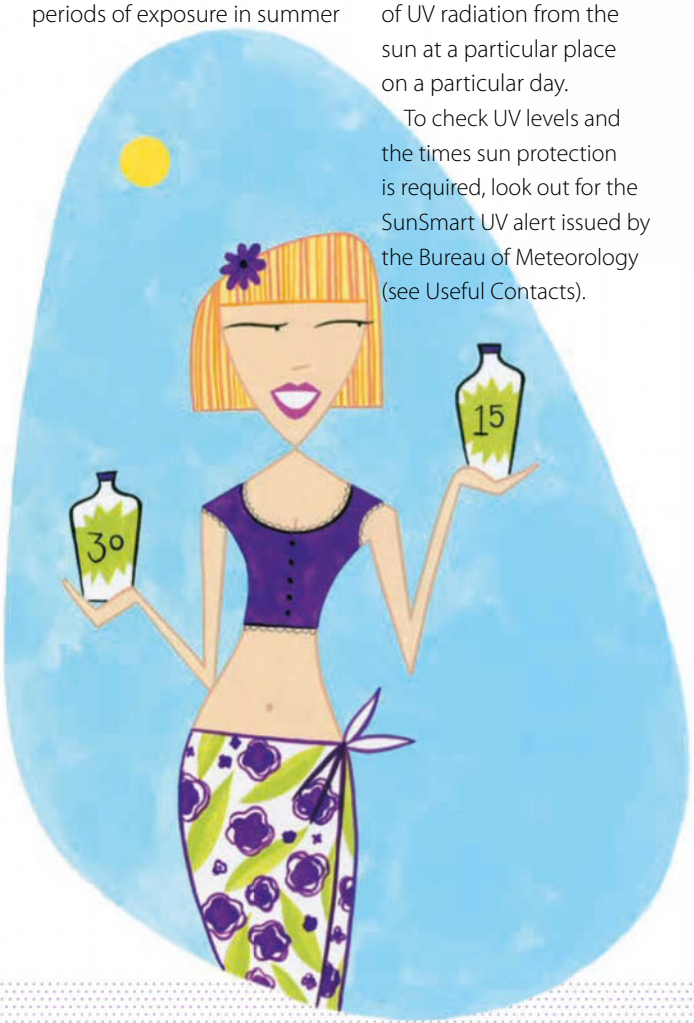
HOW MUCH SUN IS ENOUGH?

It is important to maintain vitamin D levels all year round. Our bodies only store enough vitamin D to last between 30 and 60 days. Exposure to UV for prolonged periods is not necessary to boost vitamin D levels. In fact, it is recommended that short periods of exposure in summer (a few minutes) is much more efficient for the production of vitamin D. Although in winter when the UV is not as intense you will need to spend longer periods in the sun.

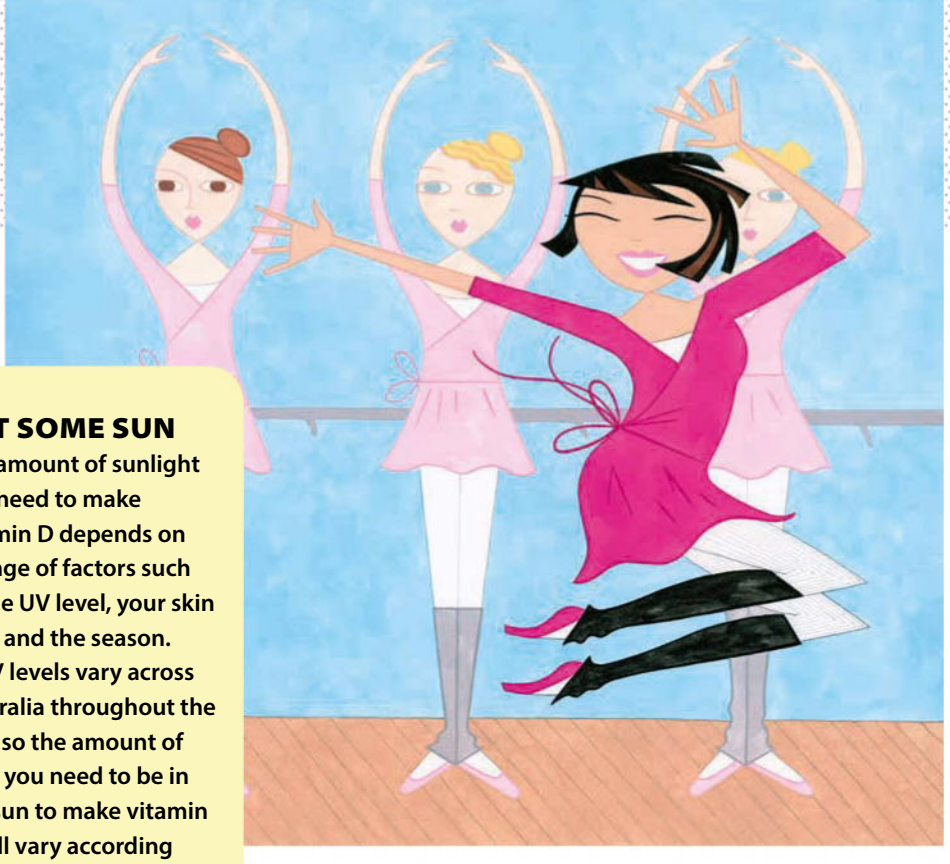
SENSIBLE SUN PROTECTION

In Australia we have to balance sensible sun exposure for vitamin D with sensible sun protection. Sensible sun protection does not put people at risk of vitamin D deficiency. Most Australians need sun protection when the UV Index is 3 or above. The UV Index is the international standard measurement of the strength of UV radiation from the sun at a particular place on a particular day.

To check UV levels and the times sun protection is required, look out for the SunSmart UV alert issued by the Bureau of Meteorology (see Useful Contacts).



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ARE YOU AT RISK OF VITAMIN D DEFICIENCY?

Some people are at risk of low vitamin D, including:

- **The elderly.**
- **People who are house-bound or in residential care.**
- **Naturally dark-skinned people.**
- **Nightshift workers.**
- **People who work indoors.**
- **People who cover their skin for cultural or religious reasons.**
- **Babies of vitamin D-deficient mothers.**
- **People with conditions** such as obesity, end-stage liver disease, renal disease and fat malabsorption syndromes such as cystic fibrosis, coeliac disease, and inflammatory bowel disease.
- **People who take medications that affect vitamin D metabolism.**

If you are at risk of vitamin D deficiency, speak to your doctor. The only way to check your level of vitamin D is to have your GP do a blood test.

Your vitamin D levels are likely to change throughout the year, with concentrations being highest in late summer and lowest at the end of winter.

If you have low vitamin D levels in your blood, your doctor may suggest you take a vitamin D supplement. These supplements are available as tablets, capsules and drops of liquid. Most come as 'vitamin D3', with the dose on the product shown in international units (IU).

Talk to your doctor about the type of supplement they recommend and the correct dose for your needs. It may take three to five months for a full improvement in vitamin D levels to be seen, so it is important to take supplements as advised.

GET SOME SUN

The amount of sunlight you need to make vitamin D depends on a range of factors such as the UV level, your skin type and the season.

UV levels vary across Australia throughout the year so the amount of time you need to be in the sun to make vitamin D will vary according to where you are, the season and the time of day. The following guidelines are useful for Australians:

IN SUMMER

For moderately fair-skinned people, a walk with arms exposed for 5 to 10 minutes mid-morning or mid-afternoon is beneficial for vitamin D production.

IN WINTER

The same moderately fair-skinned person needs to be exposed for longer so the recommendation is seven to 30 minutes (depending on the latitude of where you are) at noon.

If you have naturally darker skin you will need longer exposure times – the melanin in dark skin affects UV penetration so you need greater UV exposure to make vitamin D.

Go to the Osteoporosis Australia website (see Useful Contacts) for details about how much sunlight exposure you need.

Focus on exercise

Some types of exercise are better for bones than others, and the best exercises for you will change as you move through different stages of life. In children, exercise helps growing bones to become as strong as possible. Research has shown that children who participate in moderate- to high-impact weight-bearing exercises such as hopping, skipping and jumping have higher bone density compared to less active children.

For adults, a combination of moderate- to high-impact weight-bearing activities and progressive resistance training is most effective for increasing bone density or preventing the bone loss that occurs as we age. For the elderly, the focus is on prevention of muscle wasting and addressing risk factors for frailty and falls such as difficulties in balance, walking ability and mobility.

If you have osteoporosis or any other medical condition it is imperative you talk to your doctor and physiotherapist about activities you can do.

WEIGHT-BEARING AEROBIC EXERCISE

Weight-bearing exercise means any exercise that is done while you are on your feet, so that gravity is exerting a force. These exercises should be done at a level that increases your heart rate, blood pressure and breathing to at least a 'moderately hard' level.

Your bones become stronger when they bear weight during exercise and when some amount of 'impact' or extra strain is placed on those bones. If the 'strain' level is too low, then the bone will not become stronger and may still lose mass. However, there needs to be a balance, as too much 'strain' could result in injury.

Everyday activities such as normal walking are not considered to be especially conducive to bone-building because they produce a strain that is 'normal' for the body. Very fast walking, however, has been shown to help maintain bone strength. A very fast, short walk (20 minutes) is better for bones than a slow hour-long walk. ▶

High-impact activities may not be suitable for everyone, especially if you have problems with your joints or have other medical conditions. If you are unfit or inactive, lower intensity exercise is a safe starting point and you can progress to more moderate intensity exercise over time.

Some examples of weight-bearing activities are:

- **Jogging.**
- **Brisk walking.**
- **Skipping.**
- **Tennis.**
- **Dancing.**
- **Netball/basketball.**
- **Impact aerobics.**
- **Stair walking.**

Swimming, cycling, seated exercises and arm exercises are non-weight-bearing aerobic exercises and have little effect on bone health.

PROGRESSIVE RESISTANCE TRAINING

Progressive resistance training is weight-lifting or strength training that becomes more challenging over time, and it can have a good effect on the health of your bones. Also, resistance training has been shown to reduce the number of falls in older people.

Resistance training requires muscles to contract when lifting weights, placing stress on the muscle and related bones. The bones strengthen as they adapt to this extra strain. It is best to target the specific muscle groups most vulnerable to osteoporotic fractures – usually the hip and the spine. It is also wise to strengthen leg muscles to improve balance.

Start moderately, then build up your program as your body adapts to each new level.

This can be done by:

- **Increasing the resistance.**
- **Increasing the number of repetitions.**
- **Changing the exercise so that a new strain pattern begins.**

Physiotherapists and qualified fitness trainers can give you advice on exercises and specific programs to build strong bones and improve bone health.

HOW MUCH EXERCISE SHOULD YOU DO?

To have an effect on bone exercise needs to be regular, fairly vigorous, have variety and include short, intense bursts. The amount and type of exercise will vary depending on your age and bone health. All exercise benefits general fitness. It is especially important to avoid prolonged periods of inactivity.

Overall most people should aim to exercise for at least 30 minutes on most days of the week and include both weight-bearing and resistance exercises.

- **Weight-bearing exercises should be done for 30 to 40 minutes on most days of the week.**
- **Resistance exercises should be done on at least two days per week.**

To get the most out of exercise bear in mind the following tips:

- **Exercise must be regular – at least three times per week.**
- **Amount of weight used, degree of exercise difficulty, height of jumps must increase or vary over time to challenge bones and muscles.**
- **Exercise routines should be varied.**
- **Regular short bouts of weight-bearing exercise (separated by several hours) are better than one long session.**
- **Rapid short bursts of movement such as skipping or jumping is more effective than slow movements.**

If exercise needs to be reduced, it is better to reduce the length of each session rather than the number of sessions per week. If you are having pain while exercising, stop and make an appointment with your doctor.

RECOMMENDED EXERCISES FOR DIFFERENT STAGES

HEALTHY ADULTS
A variety of weight-bearing activities and progressive resistance training for at least 30 minutes, three to five times a week. Avoid prolonged periods of inactivity.

POSTMENOPAUSAL WOMEN AND MIDDLE-AGED MEN
Varied exercise regimen. Include moderate- to high-impact weight-bearing exercise and high-intensity progressive resistance training at least three times per week.
Tip: Specific 'spinal extension' resistance training during middle age has been shown to reduce spinal fractures.

OLDER ADULTS AND PEOPLE AT RISK OF OSTEOPOROSIS
Participation in varied and supervised exercise programs is encouraged. These include weight-bearing activities, progressive resistance training and challenging balance and functional activities at least three times a week.

FRAIL AND ELDERLY
A combination of progressive resistance training and balance exercises is recommended to reduce falls and risk factors for frailty, which may include muscle wasting, poor balance, fear of falling.

PEOPLE WITH OSTEOPOROSIS
A combination of weight-bearing exercise with supervised progressive resistance training and challenging balance and mobility exercises at least three times per week. Avoid forward flexion (bending over holding an object and sit-ups with straight legs) and twisting of the spine as this may increase risk of spinal fracture.

PEOPLE WITH OSTEOPOROSIS AFTER A FRACTURE HAS OCCURRED
Exercise is an important part of rehabilitation and a program will normally be planned and supervised by a physiotherapist.

Osteoporosis

Osteoporosis is a disease that makes bones become brittle, leading to a higher risk of breaks than in normal bone. It occurs when your bones lose minerals such as calcium more quickly than your body can replace them. This leads to a loss of bone mass or density.

FRACTURES AND OSTEOPOROSIS

As bones become thinner and less dense a minor bump or fall, or even a cough or a sneeze, can cause a serious fracture. A fracture is a complete or partial break in a bone.

You can't feel your bones becoming weaker. That's why osteoporosis is often referred to as the 'silent disease'. Any bone can be affected by osteoporosis but the most common sites are the hip, spine and wrist. Osteoporosis can also result in 'crush' or 'wedge' fractures in the bones of your spine (vertebra), causing loss of height, increased curvature of the spine (dowager's hump) and pain.

Fractures can lead to chronic pain, a loss of independence, disability and even premature death. About half of all people with a fracture due to osteoporosis will go on to have another – this is referred to as the 'cascade effect'. For example, if you suffer a spinal fracture you are four times more likely to suffer another fracture within 12 months.

A major issue is that most fractures of the spine are not identified or treated. Often people believe that the symptoms of spine fracture – back pain, height loss, or rounding of the spine – are just due to 'old age'. To stop the fracture cascade it is essential that osteoporosis is diagnosed and treated as quickly as possible.

If you have specific risk factors for osteoporosis you should talk to your doctor. And anyone over the age of 50 who experiences a broken bone from a minor bump or fall should be investigated for osteoporosis.

RISK FACTORS

Osteoporosis affects women and men. More than 1 million people in Australia have osteoporosis. Women are at a greater risk of developing osteoporosis than men. Women generally have smaller bones than men and also experience a rapid decline in the production of the hormone oestrogen during menopause. When oestrogen levels decrease, bones lose calcium and other minerals at a much faster rate. As a result, a bone loss of approximately two per cent per year occurs for several years after menopause.

Men also lose bone as they age, however testosterone levels in men decline more gradually so their bone mass remains adequate till later in life. Reduced calcium intake and low levels of vitamin D can worsen age-related bone loss.

Both women and men may have certain risk factors that can make them more likely to develop osteoporosis (see What's Your Risk Of Osteoporosis for details).

DIAGNOSIS

The sooner you find out if you have low bone density or osteoporosis the better as you need to know as early as possible to manage your bone health, keep your bones strong, slow bone loss and reduce the risk of breaks. Osteoporosis is diagnosed by combining information about your medical history with a physical examination and some specific tests.



A bone density scan, which is commonly known as a bone density test, measures the quality of bone in a specific area (usually the hip and the spine) and will help determine if any action is needed to improve your bone health. You simply lie flat on a padded table and the arm of the machine passes over your body. The scan takes about 10 to 15 minutes. You remain clothed during the scan.

Bone density scans are available through medical imaging outlets, radiology centres, hospitals and some specialists. Your doctor will advise if you are eligible for a Medicare rebate. Some private health funds provide a reimbursement.

TREATMENT OPTIONS

If you are diagnosed with osteoporosis or have a high risk of breaking a bone, your doctor will prescribe medication and will also ensure that you:

- **Have adequate calcium, vitamin D and exercise.**
- **Change any lifestyle habits that may impact on your bones.**
- **Are monitored for any conditions/medications that may affect bone health.** ▶

What's your risk of osteoporosis?

Your risk of osteoporosis can be predicted before the disease occurs. Women are more likely than men to get osteoporosis and advancing age is another contributing factor. There are, however, certain other factors that can increase your chance of developing osteoporosis that you should be aware of. These include:

ANY FAMILY HISTORY OF OSTEOPOROSIS

Bone health can be inherited so consider your family history of osteoporosis. It is important to note if anyone in your family (particularly parents or brothers or sisters) has been diagnosed with osteoporosis, broken a bone from a minor fall or rapidly lost height as these signs can indicate low bone density.

YOUR CALCIUM AND VITAMIN D LEVELS

- **Low calcium intake** – adults require 1000mg per day (preferably through diet) which increases to 1300mg per day for women over 50 and men over 70.
- **Low vitamin D levels** – a lack of sun exposure can mean you are not getting enough vitamin D, which your body needs to absorb calcium.

YOUR MEDICAL HISTORY

Certain conditions and medications can impact on your bone health.

- **Corticosteroids** – commonly used for asthma, rheumatoid arthritis and other inflammatory conditions.
- **Low hormone levels** – in women: early menopause. In men: low testosterone.
- **Thyroid conditions** – overactive thyroid or parathyroid.
- **Conditions that affect the body's ability to absorb nutrients** – such as coeliac disease, Crohn's disease and other types of inflammatory bowel disease.
- **Some chronic diseases** – such as rheumatoid arthritis, chronic liver or kidney disease.
- **Some medicines for breast cancer, prostate cancer, epilepsy and some antidepressants.**

LIFESTYLE FACTORS

- **Low levels of physical activity.**
- **Smoking.**
- **Excessive alcohol intake.**
- **Weight** – thin body build or excessive weight (studies suggest hormones associated with obesity may impact bones).

If you are over 50 and have experienced a fracture as a result of a minor incident, you should talk to your doctor about osteoporosis. It may also be possible that you are unaware that a spinal fracture has occurred, especially as the pain usually disappears in six to eight weeks.

SIGNS THAT THIS TYPE OF FRACTURE MAY HAVE OCCURRED INCLUDE:

- **Loss of height (more than 3cm).**
- **Sudden, severe, unexplained back pain.**
- **Developing a 'dowager's hump' or curve in the spine.**

WHAT TO DISCUSS WITH YOUR DOCTOR

If you think you are at risk of developing osteoporosis, see your doctor. Asking questions and providing information to your doctor and other members of your health team can boost your bone health and improve care.

QUESTIONS TO ASK YOUR DOCTOR INCLUDE:

- **Am I at risk of osteoporosis?**
- **Do I need a bone density test?**
- **How can I maintain or improve my bone health?**

THINGS TO TELL YOUR DOCTOR:

- **Medications or treatments you are taking.**
- **Unexplained back pain.**
- **Loss of height.**
- **Any family history of osteoporosis.**
- **Any broken bones resulting from a minor bump or fall.**

Useful contacts

OSTEOPOROSIS AUSTRALIA
osteoporosis.org.au

HEALTHY BONES AUSTRALIA
healthybonesaustralia.org.au

HOW DENSE ARE YOU?
howdenseareyou.org.au

DIETITIANS ASSOCIATION OF AUSTRALIA
daa.asn.au

NUTRITION AUSTRALIA
nutritionaustralia.org

AUSTRALIAN PHYSIOTHERAPY ASSOCIATION
physiotherapy.asn.au

AUSTRALASIAN COLLEGE OF DERMATOLOGISTS
dermcoll.edu.au

BUREAU OF METEOROLOGY UV AND SUN PROTECTION TIMES
bom.gov.au/uv

NPS MEDICINEWISE
nps.org.au

AUSTRALIAN GOVERNMENT ALCOHOL GUIDELINES
alcohol.gov.au

QUITLINE
quitnow.gov.au

ACKNOWLEDGEMENTS Many thanks to Osteoporosis Australia for providing information for this health handbook.

GENERAL NOTE This is intended as a general introduction to the topic and in no way should be seen as substitute for your own doctor's or health professional's advice. All care is taken to ensure that the information contained here is free from error and/or omissions, however, no responsibility can be accepted by the publisher, author, editor or any person involved in the preparation of the material for loss occasioned to any person acting or refraining from action as a result of the published information. Before commencing any health treatment, you should always consult your doctor.

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JUMP FOR JOY
Netball star Laura Geitz talks about her career highlights, plus we find out how to get into the game

YOUR POST WORKOUT PLAN
Do the right thing after you exercise and reap the rewards

LIGHT THE WAY
Amp up your radiance with these beauty essentials

SKIN HEROES
Discover the clever ingredients designed to target your every complexion concern

BOLD & THE BEAUTIFUL
Dazzle in the hottest make-up hues of the season: red and gold

THE GREAT WHITE SHIRT
There are so many ways to wear this wardrobe staple

PHOTOGRAPHY BAUERSYNDICATION.COM.AU

JUMP FOR JOY



This month Sydney hosts the Netball World Cup 2015. What better time to discover – or remember – what it's all about? By Beverley Hadgraft

Netball is the most popular women's sport in Australia, with an estimated one million players nationwide. The 2015 Netball World Cup will be held at Sydney Olympic Park on August 7-16. To get you inspired we talk with Laura Geitz, 27, the captain of the national Australian Diamonds team and the Queensland Firebirds – and discover what you need to know to start playing, and the best netball gear to get you started!





HOW DID YOU FALL IN LOVE WITH NETBALL?

I was a late bloomer. I did athletics, swimming and tennis but didn't take to netball until my sister Carla started playing and got these Asics shoes, white with a blue stripe. I was 13 and when I saw them I thought, 'Oh, I want to play netball,' and from my first game no other sport stood a chance.

WHAT DO YOU LOVE ABOUT THE GAME?

I'm a shy person but I have this ridiculous competitive streak and when I step out onto the netball court that can be unleashed.

I love the rules of the game and how fast and exciting it is. I love playing with the other girls and that those girls become your best mates by the time you create your team. After my dad died (in a farming accident in 2013), the support I got from my teammates was incredible. They really are like a second family.

YOU GREW UP ON A FARM IN THE DARLING DOWNS REGION IN QUEENSLAND. DID THAT MAKE IT HARD TO GET TO AN ELITE LEVEL?

Most weekends during the netball season Mum and Dad would drive me two-and-a-half hours to Brisbane for training. It wasn't easy and there were a lot of expenses, but they were very supportive and I'm appreciative of everything they did.

WHAT'S YOUR TRAINING LIKE?

We have a pre-season fitness campaign to create a base of strength and stamina and then during the playing season we have two or three court sessions a week – refining our skills as a team and as an individual – and two or three gym sessions. At the gym we work on strength, power and core stability with lots of squats, deadlifts, box jumps and upper body work. The modern netball game is very fast and physical. You take a lot more hard knocks and you have to be extremely strong and fit simply to hold your position on court.



WHAT DO YOU GET UP TO WHEN YOU'RE NOT TRAINING?

The family farm is still a very special place to be so I head back there when I can and hang out with my husband (former rugby union player Mark Gilbride), family and dog Charlie.

IS NETBALL YOUR FULL-TIME JOB?

Australian netball players don't earn big salaries but we have a huge following and I have sponsorships. Also, in 2008 I started the Netball Factory, a business that offers netball clinics and equipment. Along with teaching netball skills, the clinics educate girls about health, fitness, teamwork and leadership. Netball is a wonderful way of instilling confidence, empowering girls and inspiring them to be strong and healthy. ▶





WHAT ARE YOUR PLANS FOR THE FUTURE – DO YOU HOPE TO BE PLAYING AT THE NEXT COMMONWEALTH GAMES IN 2018?

Looking ahead scares me a bit. Netball has already taken up 12 years of my life and one day I'd love to be a mother. I'll continue to play while I'm playing well and I'm injury-free – and that might be one year, three years or five years. I'd love to complete a triathlon too – you need to keep setting yourself goals.

WHO ARE THE TEAMS TO LOOK OUT FOR IN THE WORLD CUP THIS MONTH?

The Aussie Diamonds are in a really good spot now. We're a very physical, intimidating team, within the rules of course, and we're coming off the back of our win at the Commonwealth Games last year. We're looking to win back-to-back world championships.

The New Zealand Silver Ferns and Jamaica will also be strong contenders, and England will also be one to watch as they were disappointed with finishing fourth at the Commonweath Games.

WHAT ADVICE WOULD YOU GIVE TO ADULTS WHO WANT TO RETURN TO NETBALL?

The good thing about netball, apart from the great workout, is the social aspect. It's so much fun to be part of a netball team and for anyone wanting to get back into or improve their fitness, having that buddy system makes exercise so much more enticing.

HOW YOU CAN GET INVOLVED

Netball is a great way to get fit – it's vigorous, fast, fun and there are competitions at every level.

Netball.com.au has a club finder's guide (search under 'Get Involved'), as does onenetball.org.au. If you're new to the game, search for 'casual adult netball' plus your area online.

Sydney organisations such as Netball4all (netball4all.com.au) cater for novices, with regular 30-minute sessions to teach the main skills and rules of the game before sending players on court.

THE SKILLS YOU NEED TO LEARN

1 POSITIONS

Each of the seven players in a team has a set position. A court is divided into thirds and your position dictates which thirds you can cover, who you mark on the opposing team and what your role in the team is. Only goal attack and goal shooter can score goals, for instance.

2 STEPPING

Players can't step with the ball. They either have to pivot on the landing foot or step with the non-landing foot and throw the ball before the landing foot returns to the ground.

3 PASSING

If a teammate is running forward, players need to position a pass so it's in front of them. The ball can't be thrown over more than a third of the court without being caught, and to cut down on short passes players must leave three feet between them and the person they're passing to. Long ball tactics don't work in netball – you can't throw the ball from the defence third to the attack third, for instance. At least two passes have to be made before a team can have a shot at a goal and the ball must be handled in each third of the court.

4 HOLDING

You can't hold the ball for more than three seconds.

5 BOUNCING

Unlike basketball, you can't run with the ball and can only bounce it once.

PHOTOGRAPHY ANDREA VARANI/FOLIO-ID.COM

WHAT YOU'LL NEED

SUPPORTIVE FOOTWEAR IS ESSENTIAL



Asics Gel-Netburner Super 5, $200



Asics Gel-Netburner Professional 11, $190



Gilbert Flash X2 netball shoe, $59.99



New Balance WN1600, $140



New Balance WN1100 V2, $120

THE REST OF THE KIT



Netball Factory whistle, $12



Gilbert Eclipse dress, $59.99



Gilbert Spectra netball stand, $169.99



Netball Factory training balls, from $15



Gilbert Glam Starter netball stand, $69.99



Gilbert Glam Butterfly netball, $24.99



Netball Factory hoodie, $55, and track pants, $45



Gilbert netball ring and net, $29.99

kGOAL
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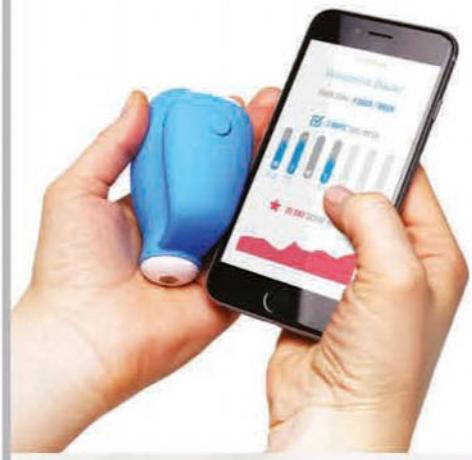


The Smarter Pelvic Floor Trainer

kGoal is the all new smart interactive training system (device + free phone app) designed to motivate and guide women as they measure and track their pelvic floor muscle exercises.

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Your POST WORKOUT plan



Make the most of your exercise session by doing the right thing immediately afterwards. Helen Foster explains

So you've gone for your run, finished your exercise class or hopped off your bike from the day's cycle, but did you know that what you do now could reduce your risk of injury, help fight the urge for post-exercise munchies or boost your motivation next time? Here are eight post-exercise power-ups you can try.



To lower your injury risk: PUT DIFFERENT TRAINERS IN YOUR KIT BAG

According to a study at the Sports Medicine Research Laboratory in Luxembourg, exercisers who have two or three pairs of trainers that they rotate between workouts have a lower risk of injury than those who stick with the same pair.

"Different shoes induce variations in movement," says the study's author Dr Laurent Malisoux. "We speculate that rotating shoes helps avoid overloading the joints, tendons or muscles in the same way during each workout." He suggests having two to three pairs and swapping them regularly, explaining that it doesn't cost more because you keep the shoes for longer.



To prevent post-workout munchies: FOCUS ON HOW GREAT YOU FEEL

People who think of their workout as fun or time for themselves eat 35 per cent fewer kilojoules afterwards than those who think about the session only in terms of exercise, say French

PHOTOGRAPHY ARTHUR BELEBEAU/TRUNKARCHIVE.COM/SNAPPER MEDIA

researchers. Exercise-based thinkers felt less happy, more fatigued and so needed a reward for their efforts, say the team at Grenoble School of Management in France. Conversely, 'fun finders' got their reward from the workout session itself.

If you normally find yourself reaching for treats on the way home, try a 'find the fun' audit as you get changed. Think about how much you enjoyed your workout or mentally capture any other non-fitness benefit, such as how calm you feel now, and watch your need for treats disappear.



To hurt less tomorrow: WIND DOWN TO MUSIC

Most of us have a workout playlist, but to beat post-exercise aches you should create a wind-down one too. In studies at Bar-Ilan University in Israel, people cooling down to music decreased the levels of lactic acid in their system faster than people cooling down without a soundtrack – and it's lactic acid that may trigger muscle aches and pains the next day. For best results, choose tunes with a bpm of around 140 (like *Parklife* by Blur or *Brown Sugar* by the Rolling Stones) and step to the beat as you cool down.



To boost recovery: GRAB A LOW-FAT CHOCOLATE MILK

It's the best thing to have after exercise, say researchers at Cornell University in the US, who claim the protein in the milk helps your muscles recover while the sugar in the carbohydrates replaces the kilojoules you've burned. Of course, if you're trying to lose weight you might not want to replace those kilojoules.

"If you're working out to lose fat then I wouldn't have anything but water for an hour after your workout," says sports nutrition specialist Luke McNally. "This then forces the body to keep drawing its energy demands from stored body fat."



To tackle a pulled muscle: APPLY ICE

If something went wrong during your workout, don't wait and see what happens, tackle it now.

"What you do in the first 24 to 72 hours after sustaining an injury will have a massive impact on your overall recovery," says physiotherapist Jason T Smith from the Back in Motion Health Group. "Take the load off the injured area, apply ice, wrap it in a compression bandage and where appropriate, elevate the injured limb above the level of the heart. All of these actions help to reduce swelling and other symptoms of inflammation. Also avoid heat packs, alcohol consumption, further physical activity and deep massage in the first two days as these can all increase inflammation. If things don't improve in a few days, see a physiotherapist."



To create motivation: APPLY A POST-WORKOUT PERFUME

Keep a bottle of body spray in your bag and whenever you've finished a great workout and feel super buzzed, spray the scent and inhale. Do it a few times and then next time you need a motivation boost, just smelling that scent will rev you up.

"This is called anchoring," says psychologist Miriam Henke. "If, when you are in an intense state like that post-workout euphoria, you smell a certain scent, the two things become linked neurologically. When you then spray the scent again your mind will generate the same sensations as in that endorphin-charged high."

For it to work though the scent has to stay unique, so keep it in your sports bag for workout-use only; don't use it day-to-day or the effect will be lessened.



To clean your kit more effectively: TURN IT INSIDE OUT

Think about it, the sweat and skin cells collect more inside your kit than out and so washing them with the inside surface facing the detergent ensures a better clean and potentially a longer-lasting kit. If your kit is polyester it's also important to wash it quickly – according to research from Belgium's Ghent University, germs called *micrococcus* that cause odour are more likely to breed on polyester than cotton. Also, don't leave your gear in your gym bag to fester, wash it daily. No-one likes a stinky treadmill neighbour.

To rehydrate properly: WEIGH YOURSELF

You need to weigh yourself before as well as after the session (naked if you can) to do this. "Any difference in weight immediately after a workout is fluid loss so over the next two hours try to replace that by drinking 150 per cent of the loss in kilos in litres," says sports nutritionist Pip Taylor. "In other words, if you lost 1kg during your workout, then drink 1.5 litres of fluid over the next two hours. If you lost 200g, then drink 300ml of water. This not only helps you recover better from your workout, it provides fluids your body needs for all-over optimal health."



LIGHT THE WAY

Creating radiant skin has never been easier thanks to these glow-getting products that might just change your life

Behind every luminous complexion you'll find a few secret products that make-up artists can't live without: the illuminating base, the highlighter and the do-it-all foundation. Don't go another day without them in your kit.



TEXT YASEMIN TROLLOPE • **PHOTOGRAPHY** SEVAK BABAKHANI / CHRIS JANSEN

1 CREATE A RADIANT CANVAS

Discreetly applied underneath your foundation, an illuminating base creates that lit-from-within radiance right from the start.



The Body Shop Vitamin C Instant Glow Enhancer, $29.95, works magic on a tired complexion with its antioxidant-infused formula.



Bobbi Brown EXTRA Illuminating Moisture Balm, $95, uses ultra-fine pearls, caffeine and lychee extract for instant illumination and serious hydration.



Chanel Le Blanc De Chanel Multi-Use Illuminating Base, $65, has a cult following thanks to its ability to take radiance to a whole new level.

2 MAKE YOUR FEATURES STAND OUT

Highlighting products reflect light and can instantly bring life to a dull complexion if applied correctly. The secret? Popping your highlighter exactly where you need it to counteract shadows. Try applying highlighters to these spots:



- Underneath the brow arch
- Inner corner of the eyes
- Bridge of the nose
- The high points of the cheeks
- Cupid's bow of your lips

You also need to find just the right tone for your skin...



FOR PORCELAIN TO FAIR SKIN

Look for white or slightly purple-toned highlighters to help create a pearly finish that won't clash with your skin tone. We love: **M.A.C Strobe Cream, $55**, a classic quick fix that's subtle but effectively lifts dull, flat or tired-looking skin, and **Tom Ford Illuminating Highlight Pen in Lavender Voile, $75**, which enhances, contours or diminishes features while creating a slight shimmery finish with its icy-mauve hue.

FAIR TO MEDIUM SKIN

Warm up your complexion with a rosy-pink or champagne highlighter like **Clarins Instant Light Radiance Boosting Complexion Base, $50**, that also adds moisture, **YSL Touche Éclat Radiant Touch in Rose Lumiere, $59**, an iconic option that can also be applied under the eyes to counteract dark circles, and **Benefit Girl Meets Pearl, $53**, which is best applied over foundation, and works wonders on a sallow complexion.

MEDIUM TO DARK SKIN

If you have a warm skin tone with yellow undertones, stick to peach rather than pinky shades to get the summer glow all year round.

Try **Nars Hot Sand Illuminator, $39**, a great alternative to bronzer, thanks to its natural golden hue, and **Dior Glow Maximizer Light Boosting Primer, $65**, to sculpt your features and keep foundation in place. Finally, **Laura Mercier Foundation Primer – Radiance, $45**, is shimmery on its own so mix it with your foundation for an all-over glow.

Highlighter how-to

A few rules to keep in mind when using a highlighter.

USE YOUR FINGERS TO BLEND THE PRODUCT into place as the heat from your hands helps melt the highlighter.

GO EASY WITH SHIMMER. Look for options that are subtly radiant, as nature intended.

PLAY AROUND WITH YOUR FORMULA TO SEE HOW IT LOOKS BEST ON YOU. It can be worn underneath, mixed with or applied over your foundation.

3 SPEED UP YOUR ROUTINE

Who doesn't love the idea of one product that does it all? From adding serious hydration to instant glow and natural coverage, these three foundations are your key to a gorgeous, flawless complexion.



Bare Minerals Complexion Rescue Tinted Hydrating Gel Cream, $38, proves that radiance comes from hydration. Ideal for dehydrated skin, this option promises to increase moisture by up 215 per cent in just one week. Not bad considering it's a make-up product.



Rimmel BB Cream Radiance 9-in-1 Skin Perfecting Super Makeup, $12.95, isn't as thick as other BB creams on the market and delivers an impressive nine (yes, nine!) benefits at once. It primes, smooths, conceals, hydrates and much more.



Giorgio Armani Crema Nuda Supreme Glow Reviving Tinted Cream, $243, is your one-stop shop for dewy, hydrated skin. Infused with skincare benefits that help regenerate your complexion, this multi-tasking cream adds lustre and life to a tired complexion.



skin HEROES

Clever compounds for your complexion concerns



The real superheroes of skincare are the ingredients that repair damage, draw in moisture and calm inflammation. Here, we discover the best ingredients for your most pressing skin concerns, and where you can find them.

Mushroom for inflammation

The calming nutrients found in mushrooms are ideal for sensitised skin types. Another bonus? Fungi can also treat fine lines, combat redness and eliminate breakouts.

FIND IT IN:



AVEDA
Tourmaline Charged Radiance Masque, $79.95, which uses shiitake mushroom extract to soothe irritation and increase radiance.



ESTÉE LAUDER
Re-Nutriv Ultimate Diamond Sculpting/ Refinishing Dual Infusion, $450, a luxurious treatment serum that treats multiple signs of ageing.

Vitamin C for pigmentation

Considered the gold standard in the battle against brown spots, vitamin C is a potent antioxidant that works by inhibiting melanin production to reduce the appearance of dark spots. This incredible all-rounder also helps to brighten up a dull complexion, while protecting from further environmental damage down the track. Include vitamin C in your treatment.

YOU MIGHT LIKE:



SHISEIDO
Bio-Performance Glow Revival Serum, $120, which targets capillaries and pigmentation for an all-over glow.

Then follow up with…



PHILOSOPHY
No Reason To Hide Instant Skin-Tone Perfecting Moisturizer SPF20, $75

At night use…



CLINIQUE
Repairwear Sculpting Night Cream, $90, to repair damage while you sleep. ▶

Hyaluronic acid for dehydration

This miracle molecule can hold up to 1000 times its weight in water and is widely used in skincare for its hydrating and plumping benefits. Hyaluronic acid draws moisture into the skin and keeps it there.

FIND IT IN:



PAULA'S CHOICE
Resist Hyaluronic Acid Booster, $69, a gel-like serum that can be used to quench all thirsty skins, even those prone to breakouts.



NUXE WHITE
Brightening Moisturizing Lotion, $28.99, that also combines the brightening benefits of stabilised vitamin C.



PERRICONE MD
Hyalo Plasma, $180, a specific hydration treatment product which uses dermatologist-grade hyaluronic acid for results comparable to a professional treatment at home.

Retinol for improved skin texture

A vitamin A derivative considered by many to be the ultimate anti-ageing ingredient, retinol works by gently exfoliating the outer layers of the skin to improve skin tone and texture, smooth lines and eliminate pigmentation. If you're new to retinol, start with a low-strength concentration of around 0.01 per cent, before working your way up to a medium dose like that found in these products. And remember, retinol increases skin's sensitivity to sunlight, so only apply it at night and wear a broad-spectrum SPF during the day.

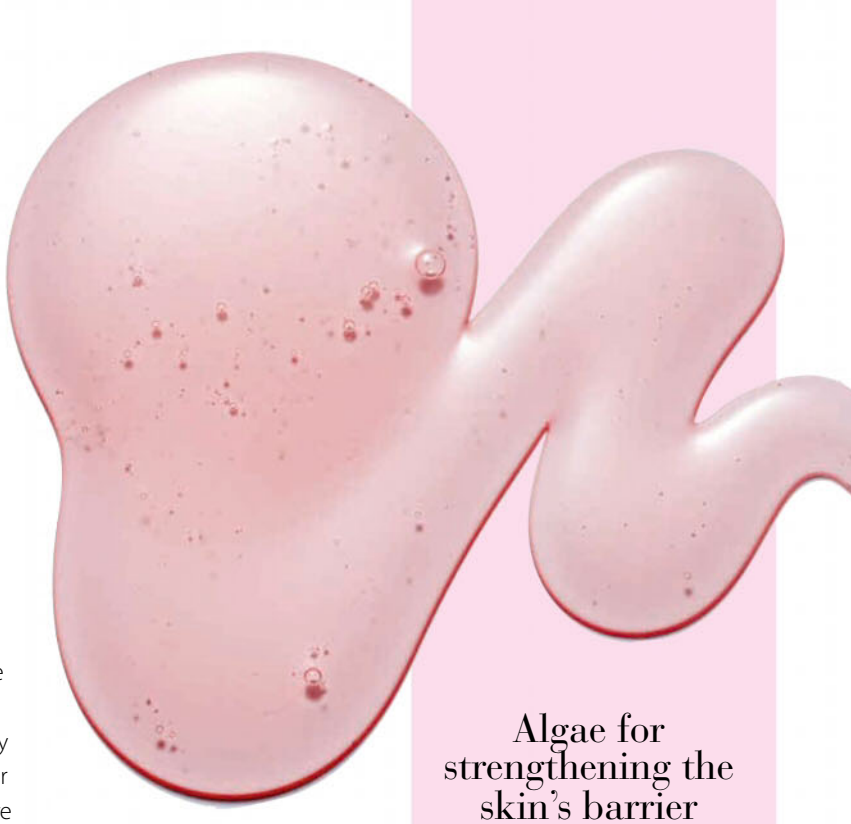
YOU MIGHT LIKE:



MEDIK8
Retinol 6TR Advanced Night Serum, $89, a fast-absorbing serum.



STRIVECTIN-AR
Advanced Retinol Concentrated Serum, $135, a fragrance-free formula with a silky texture.



Peptides for firming

These amino acid chains encourage the production of collagen, keeping your complexion lifted and firm. It's most commonly found in serums.

YOU MIGHT LIKE:



INDEED LABORATORIES
Fillume Volumising Serum, $34.99, to help plump and rehydrate.



SANCTUARY SPA
Active Reverse Facial Power Peptide Serum, $34.99, for its nourishing oil-based formula that treats wrinkles and sagging on the face and around the eyes.

Algae for strengthening the skin's barrier

If your skin's natural protective barrier seems weakened, using algae – a known skin-strengthening ingredient – can help to toughen up your complexion and replenish moisture levels.

Start by applying a mask like…



KIEHL'S
Algae Masque, $40, once or twice a week to hydrate and fortify the skin.

Then follow up with a daily tinted moisturiser like…



LA MER
The Reparative SkinTint SPF30, $125, which uses deep-sea red algae to reduce the appearance of pores, smooth lines and calm irritation.

TEXT YASEMIN TROLLOPE • **PHOTOGRAPHY** SARAH SILVER/TRUNKARCHIVE.COM/SNAPPER MEDIA / CHRIS JANSEN

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The entire promotional period will open Thursday 2nd July 2015 at 12:01am AEST and close Wednesday 19th August 2015 at 11:59pm AEST. Open to Australian residents aged 18 years and over. One entry per person permitted during the entire promotional period. Non-winning entries will roll over into subsequent judging periods. This is a game of skill, chance plays no part in determining the winner. For full terms and conditions and individual entry periods go to www.bauer-media.com.au/terms/competition-terms. See content's page for location of Bauer Media's Privacy Notice. If you do not want your information given to any other organization not associated with this promotion, please indicate this clearly on your entry. The Promoter is Bauer Media Pty Ltd (ABN 18 053 273 546).

BOLD & THE *beautiful*

FIRE UP YOUR WINTER MAKE-UP WITH THE HOTTEST SHADES OF THE SEASON – RED AND GOLD!

Red is the ultimate feelgood shade for winter. Pair it with illuminating pops of gold on your eyes and cheeks and watch magic happen. Here, we show you how to wear this dazzling beauty duo to warm up the season.



FACE

CLASSIC PEACH OR PINK BLUSH ARE OFTEN THE GO-TO COLOURS FOR THE CHEEKS BUT ILLUMINATING POWDER IN A SOFT METALLIC SHADE CAN BRING DRAMATIC RESULTS.

The key to success? Creating a naturally highlighted look, with minimal glitter.

After applying your foundation, concealer and blush, use a fluffy brush to sweep the powder onto the areas of your face where the light naturally hits – cheekbones, forehead. The luminous formula creates a light-reflective surface and adds instant radiance to your complexion.

Try:

1. *Estée Lauder* Bronze Goddess Illuminating Powder Gelée, $75.

2. *Laura Mercier* Face Illuminator Powder in Indiscretion, $42.

3. *Elizabeth Arden* Sunkissed Pearls Bronzer and Highlighter in Warm Pearl, $45.

HAVE OILY SKIN OR ENLARGED PORES?

Skip illuminating powder in favour of a berry-toned powder blush like ***Clinique Cheek Pop/Blush Pop in Plum Pop,*** $40 ***(4)***, which adds a more subtle radiance.



FOR ADDED INTENSITY

Use an eyeliner like ***Benefit*** *They're Real Push-Up Liner in Beyond Brown, $37* **(10)**, before defining your brows with ***Designer Brands*** *Brow Pencil in Blonde, $5.99* **(11)**. ▶

EYES

GOLD EYE MAKE-UP IS A REFRESHING UPDATE ON CLASSIC NEUTRAL SHADES.

Keep the look modern by using an ever-so-slightly shimmery cream formula over your entire eyelid, before applying a darker metallic powder along your upper and lower lashline. Finish the look with two coats of black mascara.

Try:

5. ***Sisley*** Phyto 4 Ombres in Dream, $110.

6. ***Revlon*** PhotoReady Eye Art Lid + Line + Lash in Topaz Twinkle, $21.95.

7. ***YSL*** Full Metal Shadow in 3, $48.

8. ***Maybelline*** Color Tattoo Pure Pigments in Buff & Tuff, $11.95.

9. ***Estée Lauder*** Pure Color Envy Sculpting EyeShadow 5-Color Palette in Rebel Metal, $90.



LIPS

EMBRACE COLOUR THIS SEASON WITH A LOVELY LIPSTICK IN A VIVID RED HUE.

Experiment with different tones to see what suits you best, but as a guide:

Blue-based cherry reds work well on **FAIR SKINS**.

We like:

15. ***Clarins*** Rouge Eclat in Red Fuchsia, $38.

16. ***Dior Rouge*** Dior Couture Colour Voluptuous Care Lipstick in 999, $52.

For **MEDIUM SKIN** tones orange-based reds are ideal.

We like:

17. ***Guerlain*** Kiss Kiss in Rouge Kiss, $41.

18. ***Max Factor*** Colour Intensifying Balm in Luscious Red, $17.95.

To make **DARK COMPLEXIONS** pop, go for a bright red.

We like:

19. ***Tom Ford*** Lip Color Matte in Ruby Rush, $68.

NAILS

WHETHER IT'S A CLASSIC RED OR SHIMMERY GOLD YOU GO FOR THIS SEASON, NAIL POLISH IS THE FINISHING TOUCH TO THIS STRIKING LOOK.

Keep your nails short with naturally rounded edges and always apply a top coat for staying power.

Our top picks are:

12. ***Essie*** Nail Lacquer in Jump In My Jumpsuit, $16.95.

13. ***OPI*** Nail Lacquer in Got The Blues For Red, $19.95.

14. ***Sally Hansen*** Complete Salon Manicure in Dipped, $14.95.

TEXT YASEMIN TROLLOPE • **PHOTOGRAPHY** SEVAK BABAKHANI

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THE GREAT WHITE shirt

Versatile and always stylish, the white shirt is a wardrobe essential



Simple and sexy: Kourtney Kardashian



Brighten up your winter day with this vibrant scarf!

EDITOR'S ❤ FAVOURITE

TRENERY BAG, $349

EARN YOUR STRIPES

SPORTSCRAFT JACKET, $229.95 | **TRENERY SHIRT,** $129 | **SPORTSCRAFT SCARF,** $79.95 | **TOMMY HILFIGER JEANS,** $169 | **WITCHERY SHOES,** $139.95

WATCH THIS!

DKNY WATCH, $249

SKAGEN WATCH, $245

DKNY WATCH, $299

PHOTOGRAPHY DAVE WHEELER **STYLING** JULIE RUSSELL

Winter must-have



H&M BOOTS, $59.95

EDITOR'S FAVOURITE







WITCHERY BAG, $199.95



NINE WEST BAG, $99.95



CAMEL BACK

SPORTSCRAFT SHIRT, $149.95 | **WITCHERY PANTS,** $179.95 | **SPORTSCRAFT BELT,** $59.95 | **WITCHERY SUNGLASSES,** $69.95 | **NINE WEST SHOES,** $139.95

BUCKLE UP



TRENERY BELT, $59.95



WITCHERY BELT, $59.95



TRENERY BELT, $69.95



Picture of elegance: Heidi Klum

SUPER SHADES



GUCCI SUNGLASSES, $400



MARC BY MARC JACOBS SUNGLASSES, $260



GUCCI SUNGLASSES, $390

SNEAK PEEK



SUPERGA SHOES, $89.95



ADIDAS SHOES, $90



TRENERY SCARF, $89.95

Perfect weekend wear!

CASUAL AFFAIR

COUNTRY ROAD SHIRT, $99.95 | **TRENERY SWEATER,** $129 | **JEANSWEST JEANS,** $120 | **TRENERY SHOES,** $139

EDITOR'S FAVOURITE



ADIDAS WATCH, $89



Glamour meets grunge: Vanessa Hudgens



SPORTSCRAFT SHOES, $99.95



TRENERY BAG, $299

SNAZZY SUNNIES



MARC BY MARC JACOBS SUNGLASSES, $260



MARC BY MARC JACOBS SUNGLASSES, $260

Add some class with this statement necklace.

PRETTY WOMAN

ZARA SHIRT, $69.95 | **COLETTE BY COLETTE HAYMAN NECKLACE,** $16.95 | **WITCHERY SKIRT,** $129.95 | **NINE WEST CLUTCH,** $39.95 | **NINE WEST SHOES,** $139.95

MARC BY MARC JACOBS SUNGLASSES, $260

DKNY WATCH, $399

EDITOR'S FAVOURITE

H&M BAG, $69.95

STEPPIN' OUT

NINE WEST SHOES, $99.95

SPORTSCRAFT SHOES, $99.95



A touch of sparkle: Jada Pinkett Smith

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talking SHOP

The choice of the best buys in store this month from ...



Freedom to move

Healthy Care Emu Heat Oil (100ml), RRP $9.99, is beneficial due to its combination of Omega 3, 6 and 9 fatty acids, which act as powerful anti-inflammatories. Its natural extracts provide a warming sensation to increase circulation. This formula assists muscle and joint pain, arthritis, sports injuries, muscle sprains and strains. Find it today at Chemist Warehouse and My Chemist or shop online at epharmacy.com.au



Best care for lung health

Wealthy Health PM Lung Support™ is an Australian-made product specially formulated with natural ingredients to counter free radical damage on lung health. Air pollution and cigarettes can increase free radical levels in the body and the potential for oxidative damage. It relieves mild upper respiratory tract infections and can also support the function of the lung as an expectorant and assists in the relief of catarrh. wealthyhealth.com.au

CHC 70190-10/14



Low-sugar hydration

Hydralyte Sports™ is a low-sugar, high-electrolyte clinical rehydration drink, with added essentials minerals to replace those lost through sweat. Hydrate before, during and after exercise. Available online and at all good pharmacies. hydralytesports.com.au

Cleanse and rejuvenate

The team at Detoxologie Wellness Clinic in Sydney strongly believes that a healthy body starts with good digestion. They can help you cleanse and improve your digestion, rebalance your body and mind, and heal. Call 1300 253 267 or go to detoxologie.com.au





Like an energy boost for lashes

Wake up to a wonderful wide-eyed look. Rimmel introduces new Wonder'full Wake Me Up Mascara With Vitamins & Cucumber Extract. Eyes stay wide awake all day, with defined lash volume, amazing lift and length. It's a real eye-opener! au.rimmellondon.com

If you're feeling tired and lacking energy you could be low in iron

FAB IRON contains an organic form of iron that's gentle on your stomach. Plus energy boosting B-group vitamins. Help bring your energy to life with FAB IRON. fabiron.com.au

CHC 70433-03/15



wellbeing

alternative ways to be good to your mind, body and soul



SALT THERAPY
This humble mineral can treat a range of common ailments

HEALING YOUR ENERGY
Emotional issues dragging you down? These energy healers can help

DIY SPA TREATS
Luxurious beauty balms and teas to create at home

THE 7-DAY CURE
Perfect destinations for a one-week getaway

ASK OUR EXPERTS
Your health and fitness questions answered

HOROSCOPES
What your stars say this month

THIS MONTH... WE LOVE
We share a few of our favourite things

PHOTOGRAPHY BAUERSYNDICATION.COM.AU

SALT therapy



IT'S ONE OF MOTHER NATURE'S OLDEST HEALING GIFTS. CORA LYDON EXPLORES AUSTRALIA'S GROWING FONDNESS FOR SALT THERAPY

In Europe the idea of using salt to heal is as old as medicine itself – in Hungary the use of salt caves is covered by health insurance. "In Australia, it's only within the last few years that salt therapy has gained ground," says wellness consultant Mark Bunn.

But what is salt therapy? It's a pain-free, non-invasive alternative treatment. "It's wonderful for respiratory illnesses, such as asthma, sinusitis, colds and flu and pneumonia, as well as ear infections," says Tameka Buckley, mind-body therapist at Dr Salt Wellness Centre in Hampton, Victoria. "It also helps with skin conditions."

Many of the benefits come from the naturally occurring minerals in salt. Along with sodium and chloride, unrefined sea salt contains magnesium, sulphates and calcium halides, while Himalayan salt also has bromide, potassium and fluoride. Himalayan salt is the preferred choice for salt therapy, with Dead Sea and sea salts popular for bathing.

The most authentic form of salt therapy is speleotherapy – where you spend time in a subterranean salt cave environment. In Australia, people can try out man-made salt caves, where a technique known as halotherapy is used to pump salt particles around the therapy room. Other ways to benefit from salt therapy include bathing in salt water or using a device at home like a salt pipe, lamp or purifier – all entail exposure to salt particles.

How salt can help you...

BREATHE BETTER

For respiratory conditions the best salt therapy is a salt room.

"Salt is attracted to water so when you breathe it in, it's attracted to parts of the respiratory tract with excess mucus. The salt breaks down mucus so it's easier for your body to eject," says Tiina Hogg, naturopath and owner of Saltuary salt rooms in Sydney.

"The sodium content in salt is antibacterial and has a drying action on mucus and decreases inflammation," explains naturopath Michèle Wolff. "It's naturally detoxifying for the entire respiratory system and acts as a natural antihistamine, antiviral and antibacterial agent."

PHOTOGRAPHY GETTY IMAGES



EASE STRESS

"Negative ions in salt are extremely supportive for a healthy nervous system," says Buckley.

Salt crystals form when sodium ions and chloride ions attract each other; negative ions are released into the air when they bond. These ions enter the bloodstream when we inhale, where they help to trigger the feelgood hormone serotonin.

All forms of salt therapy produce negative ions and so have a stress-busting effect.

SOOTHE SKIN

"It's been known for centuries that people with skin conditions can benefit from bathing in the Dead Sea in Israel," says Dr Michael Freeman, lead dermatologist at The Skin Centre in Queensland. "The chloride salts found in the Dead Sea – magnesium, sodium, potassium, calcium and bromine – have a mild calming effect on skin inflammation."

Dr Freeman recommends adding about 300g of salt to your tub – any type of salt will work. "Bathing for 20 minutes is ideal. Doing this twice a day will hydrate skin."

RELIEVE MUSCLE ACHES

If you're suffering from muscle aches or other painful conditions, Buckley has good news: "The anti-inflammatory properties of salt will reduce inflammation and decrease pain levels."

The best way to soothe aching muscles is an Epsom salt bath. The main component is the mineral magnesium, which is a gentle muscle relaxant: add two cups to your bathwater for a soothing soak.

SALT THERAPY: WHAT TO TRY

➔ **Try:** HIMALAYAN NATURAL SALT LAMP AROMATHERAPY DIFFUSER, $33
saltrooms.com.au
This lamp releases its salt properties through the heat from the electric bulb, to infuse the room with negative ions.

GOOD FOR: Beating stress, improved memory, anxiety.

➔ **Try:** SALTYLICIOUS HIMALAYAN SALT PIPE INHALER, $29.95
saltpipes.com.au
Inhale through the mouth using this pipe then exhale through the nose, to access the Himalayan salt crystals. Use daily for 15 to 20 minutes.

GOOD FOR: Sinusitus, cold and flu symptoms, sleeplessness.

➔ **Try:** MINERALCARE NATURAL DEAD SEA SALTS (1KG), $34.95
deadseaproducts.com.au
Add to the bathtub and allow the salt to heal itchy, dry skin.

GOOD FOR: Skin conditions, relaxing muscles, easing pain, stimulating circulation.

➔ **Try:** SALT ROOMS – Dr Salt Salt Therapy Wellness Centre (drsalt.com.au) in Vic; Saltuary in NSW (saltuary.com.au) or one of 10 locations at saltsoftheearth.com.au.
You'll remain clothed and can relax while breathing in the salt-soaked atmosphere. Sessions last up to an hour.

GOOD FOR: Respiratory disorders, chronic bronchitis, ear infection, cystic fibrosis.

➔ **Try:** SALIN SALT THERAPY DEVICE, $119.99 salinplus.com.au
Plug it in and it will quietly disperse dry salt particles.

GOOD FOR: Allergies, snoring, persistent coughs, congestion.

HEALING YOUR energy

Some problems in life need a special approach. Four healers tell Angela Barrett how they can help



LISTEN TO JEANNINE VERRIEST EXPLAIN HOW TO IMPROVE YOUR ENERGY FLOW. Use the free ***viewa*** app and scan your device over this page to watch.

Emotional wounds can linger and impact many aspects of our life and health – but there are ways to be free. Here we speak with four energy healers about their work.



JEANNINE VERRIEST

Remote energy healer, Wamberal, NSW.

Remote healing lets me heal people at a distance. I first have a consultation with the client over the phone or in person about their issues. Afterwards, as they go about their day, I sit and connect to their energy field intuitively. I use a quantum physics healing technique and kinesiology muscle testing to find out what past issues are causing their emotional blockage.

As I identify the issues, I literally feel the energy of these issues passing through me and being released. This moves the energy from their body and their problem becomes less significant. Afterwards, they feel lighter, more joyful and have a change in their perspective.

Part of the reason we experience emotional problems is because we're taught to soldier on. We suppress our feelings and don't allow ourselves to fully feel and release uncomfortable emotions as they arise. These become heavy energy in the body which weighs you down, making it hard to flow through life.

Difficult emotions should be seen as energy that needs to be released. If you can allow yourself to feel emotional pain, your body's energy will flow better and you'll have fewer emotional problems.

JEANNINE'S TOP TIPS

- **Allow yourself and others to truly experience painful emotions.**
- **Minimise exposure to negativity in the media, especially if you're emotionally sensitive.**
- **Identify the uncomfortable emotion in your body. Give it a shape, texture and colour, then visualise it leaving.**





NARELLE GREEN

Colour therapist, Allambie Heights, NSW.

Colour therapy is about using colours to improve your energetic wellbeing and emotional state. The aura, or electromagnetic field of energy around the body, is made up of the spectrum of colours. When you're out of balance – stressed, anxious, overwhelmed – it means that one of the colours in your personal spectrum is deficient. By using the colour that's lacking you can rebalance and ease that emotion.

Colour instantly changes your emotional state. Different wavelengths of colour are recognised immediately by our subconscious, affecting us physically, emotionally and spiritually. For example, the blue daytime sky has an energising effect, while the dark-blue night sky calms us so we can sleep.

As a colour therapist I intuit what colour you need to help a particular issue, but you can do this yourself. Close your eyes and tune into your inner knowing about what colour makes you feel good in this moment. Whether it's peaceful green, energising red, comforting pink or something else, go with it. Visualise this colour and see yourself breathing it into every cell of your body. Feel how it brings you back into balance. Colour is a great tool to use when you're feeling terrible.

NARELLE'S TOP TIPS

- **Tune into what colour makes you feel at ease and incorporate more of it into your life.**
- **If you're angry, visualise or look at light green or aqua. If you're flat or depressed, go for gold or orange.**
- **If all else fails, think pink – it calms just about everything.** ▶



CHRIS KNIGHT

Psychosomatic therapist, Brisbane, Qld.

The posture and features of your body are largely due to what you've dealt with in life. This is because unexpressed emotions from the past have been deposited in the body, disrupting the body's energy flow and creating restriction and muscle tension.

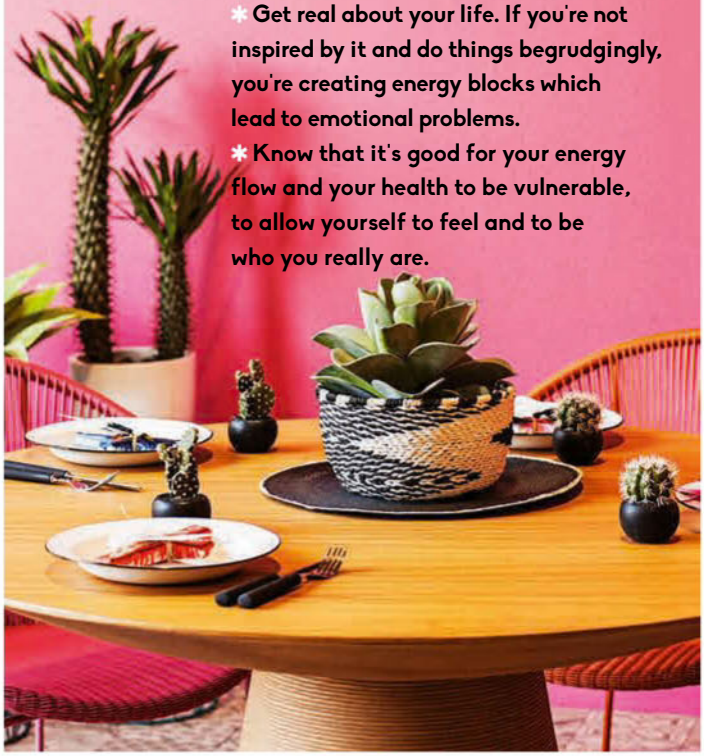
Certain parts of the body relate to certain issues. For example, someone who's been hurt by deception may have downturned lips because mistrust manifests as tight facial muscles. Someone who's heartbroken is likely to have tight chest muscles and rounded shoulders to protect their heart.

Don't be surprised to find you're crying or coughing with this type of healing. In a session, I look at your body and feel the muscles for areas of tension. Once I've identified the problem, emotion starts clearing straightaway as tears, laughter or coughing. This is what we're aiming for – the physical release takes the charge out of the emotion so healing can begin.

Think of emotion as energy in motion. It's energy that wants to move. If you don't release it, you'll keep manifesting situations and problems in your life to trigger its release. Learn how to release your emotions regularly so they don't build up and you can live a freer, more harmonious life.

CHRIS'S TOP TIPS

- **Meditate to quieten your mind so you can tune into your inner guidance about what's right for you.**
- **Get real about your life. If you're not inspired by it and do things begrudgingly, you're creating energy blocks which lead to emotional problems.**
- **Know that it's good for your energy flow and your health to be vulnerable, to allow yourself to feel and to be who you really are.**





POLLY WILKIE

Chiropractor, Bondi Junction, NSW.

I use a modality called Neuro Emotional Technique (NET) to relieve emotional problems. It works on the basis that stressful events that occur when you're young can create energetic blockages and patterns of reacting in your body. These cause you to react to things in your adult life, based on your body's memory of something similar that happened earlier in life. For example, your partner gets angry and before you know it you're in tears, as you were when your mother got angry when you were a child.

Emotions and patterns of reacting are stored in different parts of the body, including the tissue and nervous system. I use my intuition and knowledge of the body to work out where they are being held. To break the pattern I use a chiropractic activator instrument or my hands to stimulate specific acupuncture points on the body while you visualise or verbalise the source of unresolved stress. For example, 'I release blaming you, Mum.' This breaks the cycle and resets the body's energy and the nervous system's response to the situation that's triggering the emotion. This gives you freedom to respond in a more adult way.

You don't have to suffer. If you know you've got old emotions causing you pain, get help. Modalities like NET can be life-changing. When the body has the right input or blockages are removed, it has an amazing ability to heal itself.

POLLY'S TOP TIPS

- **Laugh – out loud. Even if you don't feel like it, watch something funny. It will change your energy.**
- **Have an epsom salt bath – it's great for clearing unhelpful energy.**
- **Spend 15 minutes in the early morning sun. Look toward the sun, with your eyes closed, for two minutes. This stimulates your pineal gland (third eye) to help you feel more balanced.**



PHOTOGRAPHY GETTY IMAGES / NICK SCOTT/BAUERSYNDICATION.COM.AU

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DIY SPA TREATS

Create your very own luxury spa experience at home with these indulgent concoctions

Some of the most delicious foods can make indulgent natural beauty treats. Cacao, cinnamon, honey, coffee, vanilla and mint create luxurious scrubs, moisturisers and even teas. They're simple to make at home – and almost good enough to eat! Here are five gorgeous recipes for you to try out for yourself!



This hydrating skin saviour will get you glowing and gorgeous

Preparation time:
10 minutes
Makes: ½ cup

1 tablespoon honey
1 tablespoon natural yoghurt
1 teaspoon cinnamon
2 teaspoons desiccated coconut

Mix together and spread evenly over your face. Leave for 20 minutes and gently wash off.



Repair and add shine with this nourishing mask

Preparation time:
5 minutes
Makes: ⅔ cup or 1 hair mask

1 tablespoon coconut oil
¼ (62g) medium avocado
1 raw egg

Combine all ingredients and mix through dry hair, coating each strand. Leave for one hour.

Wash hair, ensuring the entire mask is removed. Add a teaspoon of honey for extra luscious locks.



PHOTOGRAPHY CORBIS / GETTY IMAGES



The perfect morning pick-me-up that will leave your skin feeling refreshed, vibrant and silky smooth

Preparation time: 10 minutes
Makes: 1½ cups

1 cup (220g) raw sugar
½ cup (125ml) coconut oil
2 tablespoons desiccated coconut
2-3 tablespoons cacao powder
2 tablespoons ground coffee

Mix all ingredients together well and store in an airtight jar. To use, massage 2 tablespoons of the mixture onto skin, lather well and then rinse off.

BEAU-TEA BLENDS

Sit back and relax with one of these delicious teas and give your skin a treat from the inside out

GINGER, CACAO, PEPPERMINT & CINNAMON BLEND

Preparation time:
5 minutes

7 cups (1.75 litres) water
1 teaspoon cacao nibs
1 teaspoon desiccated coconut
1 teaspoon ground cinnamon
1 teaspoon organic dried ginger
1 heaped tablespoon (20g) chopped raisins
½ cup (180g) raw organic honey
1 tablespoon loose peppermint tea leaves
1 tablespoon organic dried rose petals for garnish

Place all ingredients in a saucepan over a medium heat. Bring to the boil. Simmer for 3 minutes and then set aside for 2 minutes to infuse.

Strain into a teapot or heatproof jug and garnish with dried rose petals.

LEMON, VANILLA & MINT BEAUTY TEA

Preparation time:
8 minutes

1 organic lemon
1 vanilla bean, split lengthways, seeds reserved
½ cup firmly packed fresh mint leaves
½ cup (175g) honey
7 cups (1.75 litres) water
2 tablespoons black tea leaves
Fresh mint leaves and lemon slices, to serve

Use a zester, or a vegetable peeler and a small sharp knife, to cut the lemon rind into thin strips. Cut 6 thin slices from the lemon and cut each slice in half.

Place the lemon rind, lemon, vanilla bean and seeds, mint, honey and water in a saucepan over medium heat. Bring to the boil. Simmer for 5 minutes.

Add tea leaves. Cover. Set aside for 3 minutes to infuse. Strain into a teapot or heatproof jug. Add vanilla bean. Serve with mint and extra lemon.

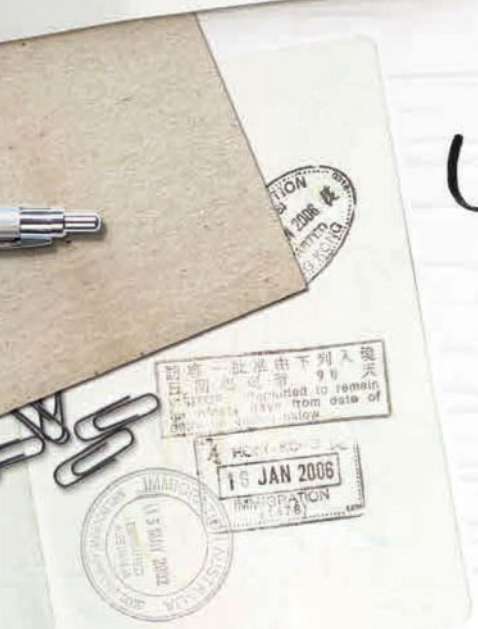


This is an extract from Lorna Jane Clarkson's new book ***Inspired, $59.99,*** available from lornajane.com.au.









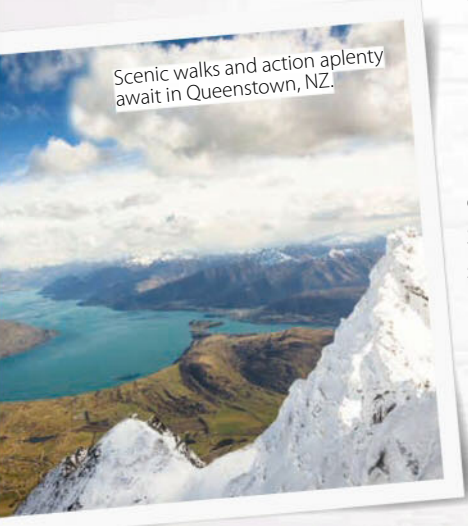
the 7-day CURE





Got a week off? Discover the perfect destinations for a short but sweet getaway. By Michael Gebicki

Got a week to spare, with a change of scene in mind? Our neighbours in East Asia, the Pacific and across the Tasman offer tantalising possibilities, whether it's food, adventure or total relaxation on the to-do list.


Scenic walks and action aplenty await in Queenstown, NZ.

FOR THE ADVENTURES
Queenstown, New Zealand

Direct Virgin Australia flights most days from Sydney and Melbourne to Queenstown bring the world adventure headquarters within easy reach. It's all here, whitewater rafting, jetboat rides, skiing, heliflights over the mountains, glaciers and snowfields of the Southern Alps, and boat and sea kayak trips on the deep fiords that gnaw into the west coast, with seals, dolphins and crested penguins for company. Queenstown is also the gateway to some of the greatest walking terrain on the planet, available either as a guided group walk or a self-guided freedom walk.

FOR THE FOOD
Hong Kong

Hong Kong does food that will rock your soul. Whether it's the dai pai dongs, open-air restaurants with affordable, made-to-order classics, or the culinary wizardry at Alvin Leung's Bo Innovation, Hong Kong's food scene takes your tastebuds for a walk on the wild side. Google to find what the locals are loving.

Dining well doesn't cost the earth either. At Tim Ho Wan, the world's cheapest Michelin star restaurant, you'd be pushed to pay more than $15 for a meal. While food is number one, shopping is not far behind. Try the giant Harbour City complex on Kowloon's waterfront.



PHOTOGRAPHY GETTY IMAGES



The striking skyline of ultra sophisticated Shanghai in China.



PNG's Tufi Dive Resort offers world-class diving.

FOR THE BUZZ
Japan

Even for the well-travelled sophisticate, Japan rekindles all the excitement and anticipation of the first-time traveller. What you put in your mouth, the bed you sleep on, the street fashions in Tokyo's Harajuku area, and the strange protocols to do with footwear all constitute a different take on life.

It's a head-turning brew, and a potent stimulant for anyone who travels with eyes wide open. A week would give you just enough time for a whirlwind tour of Tokyo and Kyoto, but better still make it just Tokyo and save the old cultural capital for another time.

FOR THE FUTURE
Shanghai, China

From the moment the world's fastest train, the Maglev, whisks you from Shanghai's international airport into the city, you're on a fast forward trip to the future. The evidence is everywhere – the streetscape of the Pudong business district, recently endowed with the world's second tallest building, the amazing façade of the Twelve at Hengshan Hotel in the former French concession, the street couture, the rooftop Terrace Bar at the Swatch Art Peace Hotel, and the creative buzz in the galleries of contemporary art. The essential futuristic dining experience is Ultraviolet by Paul Pairet.

FOR THE DIVING
Tufi Dive Resort, Papua New Guinea

On the north coast of PNG, this small resort offers world-class diving among coral towers that rise from staggering depths, topping out just a few metres below the surface. Visibility is usually around 30m, with surface water temperatures typically between 26ºC to 29ºC. The marine life is abundant and spectacular, with tropical species as well as turtles, giant manta rays, reef sharks and hammerheads.

There's a strong local culture and accommodation is pitched perfectly for the adventurer who wants a decent level of comfort. Access is easy. Fly into Port Moresby and Airlines PNG will whisk you straight out to the airstrip, just a one-minute drive from Tufi Dive Resort.



Relax and indulge in a superior Thai massage.

FOR THE SPA TREATMENTS
Thailand

Nobody else does spas like the Thais. However you like your massage therapies – with hot rocks, Ayurvedic, watsu, shiatsu, silky and scented or Vichy spray, the masseurs and treatment facilities in Thailand take gold, silver and bronze. While Phuket, Krabi and even Bangkok are all contenders, Koh Samui comes with palm trees, beaches and a luxurious sense of idleness. Either book yourself into a top-notch spa resort, and my pick would be the outstanding Kamalaya, or use day spas – you're spoiled for choice.

We LOVE TRAVEL



SCENE STEALERS

What do *Downton Abbey*, *Game of Thrones* and *Wolf Hall* have in common? The United Kingdom! Two were shot exclusively in Britain, and *Game of Thrones* was filmed extensively in Northern Ireland. They're a reminder of the sheer variety the UK packs into its modest size, from the mellow glories of Somerset to the medieval castles of Wales and the wonders of Northern Ireland's coast. Plan your own cinetourist itinerary, or take a value-for-money Trafalgar tour. Visit trafalgar.com



WILD WANDERINGS

Seen the movie *Wild*? And has the film kindled a desire for barren and lonely places? Cheryl Strayed, the character portrayed by Reese Witherspoon, walked 1800km along the Pacific Crest Trail on a journey of self-renewal. A more compact version of the same walk is the John Muir Trail, which knits together some of the finest mountain scenery in the western US. The trail has a number of access points that make it easy to do day or overnight hikes as an alternative to the entire 340km John Muir Trail. ***johnmuirtrail.org***



SHOPPING DESTINATION

The work of Aussie expat Craig Markham, Ham Yard Village is London's latest and possibly coolest shopping zone, a passageway off Piccadilly furnished with a collection of small boutiques. Standouts include linens from Milan, Rio-inspired beachwear at Frescobol Carioca, the Eyewear Concierge, plus Australia's own Jac + Jack and Dinosaur Designs.



BIG APPLE BITES

New Yorkers love to photograph what they're eating. Tap into their favourite finds on these Instagram accounts: @hungrygrls, @eatingnyc, @revciancio, @nycdining and @nycfoodgals. One click and you'll find a link to the pizzeria, burger joint or dumpling hole-in-the-wall that offers the goods.

I'M LOVING...

My Easybreath snorkelling mask. A full-face snorkel mask that makes it easy to breathe through your nose as well as your mouth, doing away with the need to clamp your teeth onto a rubber mouthpiece – and no fogging up. **tribord.co.uk**





SOFT CENTRE

Australian Walking Holidays just beefed up the comfort factor in its guided Larapinta Trail walk in the Red Centre. Situated at the base of Mount Sonder, this semi-permanent campsite offers stylish sleeping and dining with a low environmental impact. It's the third such camp that AWH has constructed on its six-day Classic Larapinta Trek. australianwalkingholidays.com.au

TEXT MICHAEL GEBICKI • **PHOTOGRAPHY** GETTY IMAGES / CORBIS

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ask the experts

YOUR QUESTIONS ANSWERED BY THOSE IN THE KNOW...



Dr Penny Adams

is a GP with special interests in women's and adolescent health and preventative medicine.

Q. I am so frustrated with my chronic skin problem. I have raised (thick) and non-raised white patches on my face and neck. My GP has prescribed different types of creams and ointments but none has worked. Please help!



A. The most common causes of these types of plaques are eczema, psoriasis or a fungal infection. Other rarer causes should be considered if these plaques are not responding to the usual creams and sometimes a skin biopsy is necessary for accurate diagnosis. As with any medical problem, if your GP can't resolve it, it is not only reasonable but a very good idea to ask for a referral to a specialist – in this case, a dermatologist.

Q. *When is the best time to take blood pressure tablets – in the morning or at night?*

A. It used to be the morning but recently the guidelines have changed and BP medications should now be taken at night. The reason for this is because in the early hours of the morning the body releases several hormones, such as cortisol, that are designed to help wake us up.

These hormones tend to cause blood vessels to constrict and hence put blood pressure up. If you have taken your medication at night, you will have higher concentrations of medication to cover this. Studies have shown a 13 per cent decrease in events such as heart attacks and strokes when BP medication is taken at night rather than in the morning.

The exception to this rule is if your medications include a diuretic – as you don't want to be up all night passing urine!

Q. I TAKE MEDICATION FOR GORD (GASTRO-OESOPHAGEAL REFLUX DISEASE). DO I NEED TO HAVE AN ENDOSCOPY?

A. There are several indications for an endoscopy for GORD. They include if your medication stops working, you have difficulty swallowing, you have unexplained weight loss, blood in vomit or in your stools, or you develop anaemia. As with all medications, regular review by your GP is a good idea.





Q. MY TEENAGE SON IS HAVING TREATMENT FOR DEPRESSION BUT I AM EXTREMELY WORRIED THAT HE HAS EXPRESSED SOME SUICIDAL THOUGHTS. WHAT SHOULD I DO?

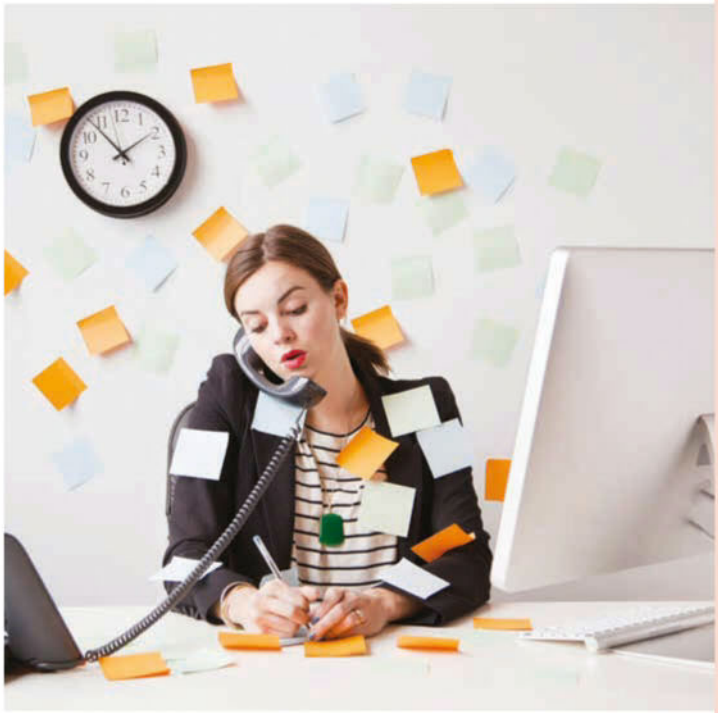
A. Firstly, suicidal thinking is a symptom of depression and can be passive, for instance, someone might say, 'My life is not worth living,' or active, which includes making plans for suicide. It must always be taken seriously and be discussed with the health professionals looking after your son. It is also okay for you to ask your son if he is having suicidal thoughts and it is okay to use the word 'suicide.'

Research shows that directly addressing this issue decreases the likelihood of it happening. If your son has 'active suicidality', meaning making plans, he must be urgently assessed by your GP, mental health team or local hospital. A useful website is suicidecallbackservice.org.au. This gives links to 24/7 counselling for patients and their families (and health professionals). You can also call them on 1300 659 467.

PHOTOGRAPHY GETTY IMAGES



Jennifer Garth
is a psychologist and author with years of experience helping people to reach their full potential in life.



I'm insecure at work. Most of the time I feel I'm in over my head. How do I boost my confidence?

A. To boost your on-the-job confidence you need information. Instead of assuming you should know everything, get into the habit of asking questions. Gather as much information as you can. Remember that no matter what stage you're at in your career you're never going to have all the answers. Don't be shy about asking questions, getting feedback and learning from your mistakes – it's how you grow.

MY HUSBAND AND I HAVE DECIDED TO DIVORCE. HOW DO I SUPPORT OUR KIDS THROUGH THE SEPARATION?

A. Kids can feel a range of intense and painful emotions when parents decide to split up. But there is a lot you can do to help them navigate this unsettling time. With your support your kids will emerge feeling loved, confident and strong: Try the following tips:

- **Stick to routines.** It puts their minds at ease when they know what to expect next. Work with your ex to make sure that no matter whose home they're in, they stick to routines and observe rules and boundaries.
- **Communicate.** Encourage your kids to talk. Take note of their moods and ask how they feel. So, if your normally lively child seems withdrawn, say 'You seem quiet today. Is everything okay?' This will inspire trust and give you an opportunity to reassure your child they are loved and supported.

When other people don't play by my rules, I snap. How do I control my anger and frustration?

A. We tend to snap when our thinking is rigid and inflexible, such as, 'It should be this way…' or, 'I shouldn't be treated like that…'. To deal with your anger you need to review your rules that say, 'I'm right and you're wrong!' Remember, your rules reflect your beliefs – but not necessarily anyone else's.

Start to think in terms of 'preferences' rather than 'shoulds'. Identify what it is you would like to be different. Move from reacting to finding a solution that will reduce your anger and improve how you feel.

Q. I WANT TO GIVE UP SMOKING AND WAS TOLD HYPNOTHERAPY MAY HELP. DOES IT WORK?

A. Hypnotherapy uses guided relaxation to bring you to a hyper-responsive, hyper-attentive state in which your subconscious mind is at its most persuadable.

In this state, your hypnotherapist will make statements such as, 'I hate the smell of smoke on my clothes' or 'I don't need to smoke anymore'. It is expected that these statements will take root in your subconscious mind and change your behaviour.

Further studies are needed to determine if hypnosis really helps smokers kick the habit for good. The best way to quit may be a combination of several techniques.

ask the experts

YOUR QUESTIONS ANSWERED BY THOSE IN THE KNOW...



Heidi Lindahl

is a personal trainer who specialises in helping clients strike a balance between lifestyle and training.

What are some quick and easy ways to change my current weights program?



A. Little variants such as changing your grip from an overhand grip to an underhand grip when doing chin-ups, pull-downs or any type of rowing can make a big difference to the muscles you recruit. Changing from a narrow grip to a wide grip, or vice versa, when doing exercises that require a press movement such as a bench press will do the same. For example, if the position of the hands are closer together when doing a push-up than the usual shoulder-width position, it will result in much more tricep-muscle activation.

Starting your program in reverse, or changing the tempo – say, counting four seconds in the down phase of a squat and only taking one second in the up phase – will also challenge the body.

Q. WHY DO MOST TRAINERS RECOMMEND INTERVAL TRAINING?

A. There are many reasons! Apart from it being an extremely time-efficient way of burning energy, it will also continue to burn more energy post-workout than a standard cardio session carried out at a medium-intensity level. It will also use more fat as fuel, will increase fitness levels, promote building of muscle mass as well as the production of testosterone and growth hormone, which assists in burning fat.





How can I get more definition in my calf muscles?

A. Skipping is a great way to start. Other movements you can incorporate into your workouts include standing up off the seat when cycling, and incorporating heel raises. To do this raise the heels up and down for 15 reps while standing, before resting for 30 seconds and then performing another set. Challenge yourself further by doing single heel raises, where you keep one foot in the air and raise the heel of the other for 15 reps before swapping. Remember to leave at least one day's rest in-between sessions when working the calves to give the muscles time to recover and grow.

I'VE TORN LIGAMENTS IN BOTH WRISTS. WHAT TRAINING CAN YOU SUGGEST TO GET ME MOTIVATED AND BACK ON TRACK WHILE INJURED?



A. Try and focus on what you still can do as opposed to what you can't, and use the injury as an opportunity to change your usual training methods and try something new.

Because it's your wrists that need time to recover, I would focus on increasing strength in your lower body and core.

You could give Pilates a go, start hiking up some nearby hills or take up bushwalking. Perhaps join a running club, start dance classes, or even aim to hit a goal of a certain number of kilometres within a month by riding a stationary bike at home or in a gym. You could aim to ride 250km in a month, or you could break this down to 12.5km five days a week.

By remaining positive and proactive you may fall in love with a completely different fitness activity!



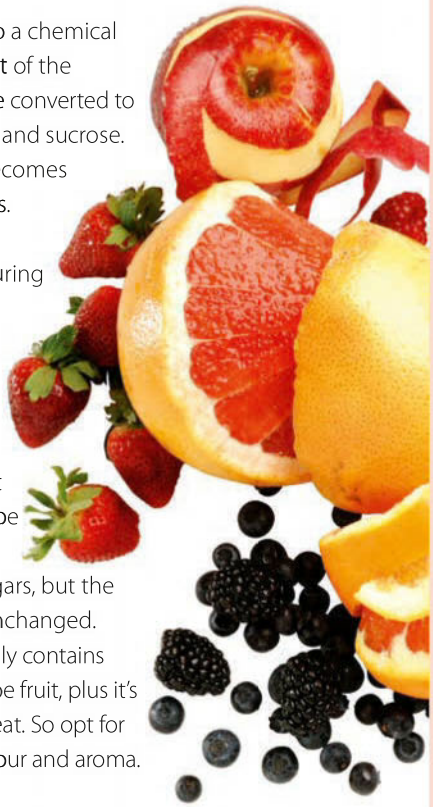
Vanessa Schuldt
is an accredited practising dietitian (APD) and nutritionist, and creator of Nutrition Speak.

When fruit gets ripe it seems to taste sweeter. Does this mean it has more sugar and more kilojoules than the unripened fruit?

A. Fruits do indeed undergo a chemical change as they ripen. As part of the ripening process, starches are converted to sugars like fructose, glucose and sucrose. So that explains why fruit becomes sweeter in taste as it matures.

Interestingly, the kilojoule content does not change during the ripening process. That's because the carbohydrate content, which is made up of starches and sugars, remains the same. In an unripe (green) banana, most of those carbohydrates will be starch and in a ripe banana, most will have turned to sugars, but the kilojoule content remains unchanged.

Ripe fruit at its peak typically contains more antioxidants than unripe fruit, plus it's certainly more enjoyable to eat. So opt for ripe, juicy fruit with great colour and aroma.



MY FRIEND HAS OSTEOARTHRITIS IN THE SHOULDER JOINT. WHAT ANTI-INFLAMMATORY FOODS WOULD YOU RECOMMEND?

A. Commonly known as 'wear and tear arthritis', osteoarthritis (OA) is due to the breakdown of cartilage in the joints, but anti-inflammatory foods aren't a dietary therapy for OA. The main approach for OA sufferers is to achieve and maintain a healthy weight, as excess kilos place stress on weight-bearing joints. An accredited practising dietitian can help if weight is an issue. The supplements glucosamine sulfate and chondroitin may provide pain relief. See a doctor before taking them as they may interact with other medications, like warfarin.

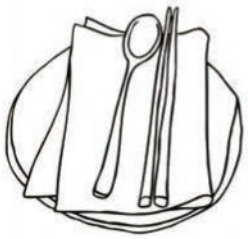
Q. I've been on a strict diet, with everything precisely planned out. I've reached my goal weight, but now I'm unsure how to maintain it. What do you suggest?

A. Just like losing weight, weight-loss maintenance requires a long-term commitment, with the key to success being permanent lifestyle changes. That means adopting exercise and eating habits that you enjoy and can sustain for years to come.

Research on dietary strategies used by successful weight-loss maintainers shows a lower GI, higher protein eating pattern can keep the kilos at bay. The reason? It comes down to appetite regulation. High-protein and low-GI foods produce greater feelings of satiety or fullness and so they work in tandem to effectively control appetite.

Aim to include some protein and low-GI foods with every meal.

WHY DO I FEEL SO SLEEPY AFTER GOING FOR BRUNCH ON THE WEEKEND? WHAT'S A GOOD BRUNCH OPTION TO AVOID THAT LETHARGIC FEELING?



A. That slump may be explained by the extra generous kilojoule count and the high carb-to-protein ratio of the meal.

Large, fatty, high-kilojoule meals decrease alertness by reducing blood flow to the brain. High-carbohydrate meals increase serotonin in the brain, which has a calming effect. Protein, on the other hand, increases norepinephrine and dopamine, brain chemicals that increase alertness. So choose an option that's smaller and lower in fat and kilojoules, go easy on carbs and increase protein.

HAVE YOUR QUESTIONS ANSWERED!
If you would like to have one of our experts answer your questions, email them to **health@bauer-media.com.au.** Your questions will be forwarded to the relevant expert, whose answer will appear in a future issue of *Good Health*. No personal correspondence will be entered into by any of our experts.

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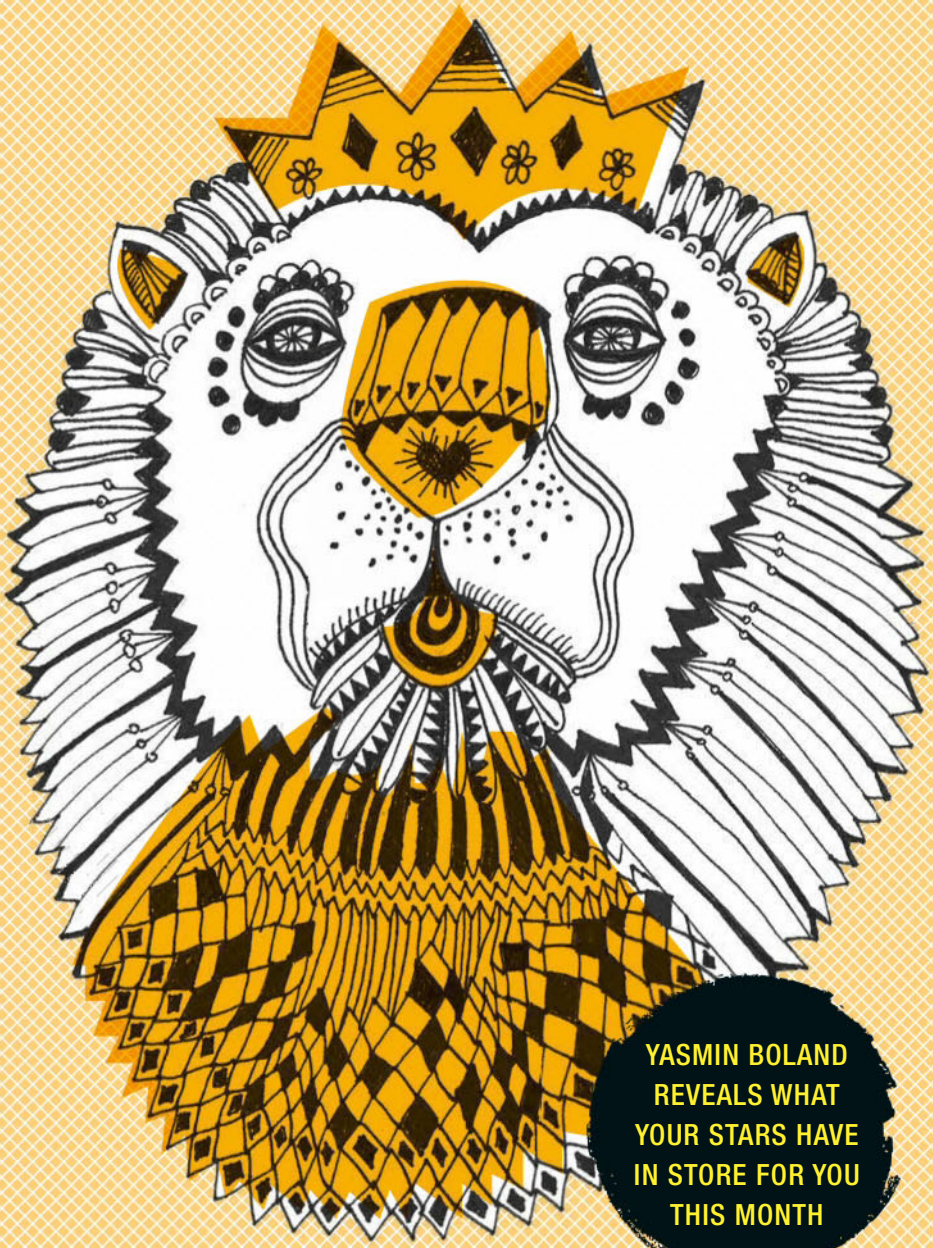
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YASMIN BOLAND REVEALS WHAT YOUR STARS HAVE IN STORE FOR YOU THIS MONTH

August

LEO

JULY 24 – AUGUST 23

It's time to work out what you really value and who matters to you. Make this your mission for the coming 12 months. If you know, for example, that you're working too hard and it's having a detrimental effect on your life, then it's time to decide what matters most: money and success or downtime and family/friends? There is a New Moon in your sign this month, so you can start again. Might as well face the direction you want to go in.

VIRGO

AUGUST 24 – SEPTEMBER 23

So do you want the good news or the totally amazing news? The good luck planet – aka Jupiter – is changing signs this month. And he's moving into Virgo. This means, for one thing, that over the coming year you will be blessed with a new confidence and a cheerier approach to life. This in turn will allow you to think more positively. And since our thoughts create our lives, you will be able to create a happier, more upbeat and adventurous life. Focus on expecting the best.

LIBRA

SEPTEMBER 24 – OCTOBER 23

It's time for you to think about who your friends are. Is there someone who really matters to you that you haven't been giving enough time to? Or someone you adore that you don't see enough of? Weigh up who matters and let them know how you feel. In other news, this is the start of an amazing new cycle for you spiritually. You can connect to the Divine and really boost your intuitive skills. Practising mindfulness is one of the best things you can do for yourself now, personally and professionally.

SCORPIO

OCTOBER 24 – NOVEMBER 22

There's a New Moon in your Work Zone and Venus is going backwards in there as well, just

ILLUSTRATIONS CATHRYN ZHANG

as Work Planet Saturn makes a dramatic re-entry into your sign. Put it all together and – despite plenty of temptations to go off and have fun – it really does look like you have your work cut out for you, as they say. If you're serious about success, this is the month to prioritise what counts as important and what you can do without. Also, it's an exceedingly good month to renegotiate your pay.

SAGITTARIUS

NOVEMBER 23 – DECEMBER 21

These are very interesting times for you. A lot of the pressure you've been feeling this year will fade away. Meanwhile, you have the chance to really go for it at work – but in a happy, 'I love my job!' kind of way that you possibly haven't experienced for more than 10 years. The only thing which can really hold you back right now is fear (for example, being too scared to leave a job you know you'll never love). Go to work projecting positivity now and you'll blitz it.

CAPRICORN

DECEMBER 22 – JANUARY 20

It's all about money for you this month. Think about what you're earning, saving and spending and whether that set-up needs reconsidering. The New Moon will help you to make some good financial decisions. You should also find you're more motivated to go out and boost your earnings. A little bit of effort will go a long way. In your personal life, it's time for a last cull of your friends' list. This month also sees the start of a 12-month cycle where you're likely to do a lot more travel.

AQUARIUS

JANUARY 21 – FEBRUARY 19

With love planet Venus going backwards in your Love Zone and the New Moon in there too, these are important times for you and your relationships. If you're feeling somewhat estranged from your partner, don't worry. This is the right time of the year for you to work out how much someone matters to you – have you been taking them for granted? Pining after an ex? There's never a better time to seek a reconciliation or, at least, closure. Moving on from someone? Your next relationship should be much better.

PISCES

FEBRUARY 20 – MARCH 20

You are now in a lovely cycle when it comes to love and romance. If there hasn't been enough of that in your life of late, then it's time for you to invite it back into your life. For some, it means finding new ways to seduce your partner, for others, it's about opening yourself up to meeting someone new. You truly do have great stars for growing a partnership. And if it's a work partnership you're working on, that is well-starred too. In fact, a new work cycle starts for you this month.

ARIES

MARCH 21 – APRIL 20

If you're willing to work hard for your money, then you can really create some positive finance news for yourself. Not just this month but moving into the future as well. The idea is for you to do work that you love. If you can do that, you will find yourself attracting a steadier and more secure income. If you don't love what you do for your daily bread, find something that will please you. You're in a new 12-year cycle where happiness at work is a real possibility.

TAURUS

APRIL 21 – MAY 21

Don't worry if last month was kind of drab on the love and fun front. This month sees joyous Jupiter moving into your Fun Zone. So even if there are people who are seemingly intent on bringing you down and making you worry, you will still find lots of opportunities for having a good time. In fact, if you use all the lessons you have learned about love and romance, this could end up being one of the most enjoyable times you've had for a couple of years. Seek out fun.

GEMINI

MAY 22 – JUNE 22

You are once again being asked to work very hard and to get serious about your working life. This is not the time to be all over the place in your routines. Rather, getting timetables set up that you can stick to will really work. This includes things like a good morning routine, time for yoga or the gym, a healthy diet and so on. The more you do this, the happier you will be. Life is about to improve, at home and with family.

CANCER

JUNE 23 – JULY 23

You have the most wonderful gift from the heavens. The planet of positivity, aka Jupiter, is now in your Mind Zone. It'll be easier for you to maintain a positive mindset and that's a ticket to happier times. Forget the naysayers who try to convince us that it's better to expect the worst, to live in fear and then be pleasantly surprised if and when things work out.
Try this idea instead: the Universe is a projection of your emotions. Expect the best, believe you might get it, and you really might.

For more on your stars, call 1900 999 888. (Phone Australia. Calls cost $3.96 per minute. Mobiles higher.)

THIS MONTH



Anna will perform in the Sydney Theatre Company's production of *The Present*, from August 4 to September 19. For more information visit sydneytheatre.com.au.

INSIDER ESSENTIALS
ANNA BAMFORD

The actress shares her favourite things.

Walking outdoors. Whether it's taking the dog to the park or camping for a night, the fresh air clears my head and helps me gain perspective. My favourite walk is the Eastern Beaches Coastal Walk in Sydney.

Guitar. I was given a guitar for Christmas and love playing it. I'm still not great but it challenges me and makes me feel like I'm growing in another area of my life.

Interior design magazines. I'm secretly obsessed with interior design. I like the idea of creating areas that look fantastic and are liveable but unique. It's another way for me to feel creative when I'm not working.

Croatia. I travelled there in 2011 and it was amazing. The food, the people and the Dalmatian Coast were unforgettable. I want to go back!

***A Clockwork Orange* (by Anthony Burgess).** This is my favourite book. I love the language and the story. It's one of those books you can pick up years after reading it and the story feels new again.

PERFORM



Cirque Africa

This is your chance to see the best circus acts from Africa. The heart-stopping show is a celebration of African culture that combines acrobatics, theatre, music and dance. Currently in Victoria, the show will tour the country over two years. For tickets go to cirqueafrica.com.au.

CHALLENGE... **PADDY PALLIN ADVENTURE SERIES**

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ENTERTAIN



Head to Darwin this month to experience the unique beauty and diverse culture of the Top End. The festival aims to unite the region's communities and includes art, dancing, food, music and theatre. From August 6-23, for more information visit darwinfestival.org.au.

EXPERIENCE...

Melbourne Winter Masterpieces

Immerse yourself in *Masterpieces from the Hermitage: The Legacy of Catherine the Great*, one of the world's greatest art collections. Featuring over 400 stunning works, the exhibition runs from July 31 to November 8 at the National Gallery of Victoria. *ngv.vic.gov.au.*

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